

Supergrass ★ Richard Grieve ★ Hollyoaks drug death

13 Mar 1996 ★ 85p

Singapore \$5.25

# Just Seventeen

Life, love and everything **Every week**

## TRUE LIFE

'Mum made me give up my baby'

'We bunked off school and saved a life'

'I tried to steal my sister's boy'

**ZIT-FREE SKIN**

with zero effort

**PULL IN 30 MINUTES FLAT!**

The fastest places to strike it lucky



# The essential A to Z of boys

**A '90s girl's guide to Ladland**



**These girls used to hate each other. So how come they're mates now?**



# SPEED

know the score

Speed can induce feelings of panic, anxiety and even long term paranoia. Everyone reacts differently each time they take it.

It makes you think you have loads of energy by stimulating the central nervous system. It can feel good but it will most likely leave you completely drained for days afterwards.

Blood pressure is raised which can lead to broken blood vessels on the skin.

It's even more risky when Speed is taken with another drug, like ecstasy, or with alcohol. Loads of people have a good time without Speed.

Appetite is merely suppressed and not overcome. Hunger will return, so Speed is not a good way to lose weight.

**national  
drugs  
helpline**  
**0800 77 66 00**

If you'd like more information or a talk, call us free and in confidence. Your call won't show on the bill.

Just Seventeen

13 Mar 1996

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## lucy's letter

Trotter here, J17's fashion stylist. Since I'm taking time out from the Shows (yeah, right!) I thought I'd drop you all a line 'bout what's going on in this week's packed issue.

For starters, if you're wondering what goes on in lads' minds, quickly flick to our 'Essential A-Z Of Boys' (p6). For cutesy, cuddly tips to make his toes curl, start working on our '10 Ways To Make Him Tingle' (p18). My personal fave's 'Supervuss To Supervamp', where you can decide for yourself who's best - slushy Emma Forbes or rock-on Drew B. Ciao for now!



Lucy x

**JUST 17, 20 ORANGE STREET, LONDON WC2H 7ED, TEL: 0171-957 5383** Acting Editor **Fiona Gibson** • Assistant Editor **Michael Hogan** • Features Editors **Mike Gayle, Sophie Wilson** • Senior Writer **Sophie Davies** • Staff Writer **Sarra Manning** • Celebrity Writer **Piers Wenger** • Editorial Assistant **Dawn Theobald** • Fashion Editor **Stephanie Stevens** • Fashion Stylist **Lucy Trotter** • Fashion Junior **Lara Scott** • Beauty Writer **Jessie Carter-Morley** • Picture Editor **Sam Riley** • Production Editor **Caroline Orme** • Junior Sub-editor **Andrew Woods** • Art Editor **Tracy Young** • Deputy Art Editor **Matt Phares** • Designers **Caroline Smith** • Junior Designer **Marc Jones** • Fiction Editor **Joanna Briscoe** • Contributors **Sue Beasley, Maria Devoey, Kate Hodges, Jane Hoskyn, Elle Hughes, Sandi Jones, Eddy Lawrence, Jane Lovatt, Rosalind Lowe, Lucy McCarthy, Angel Parnar, Melissa Roske (Advice), John Tackley, Jane Walsh, Lara Williamson, Joy Wilson** • Ad Director **Wendie MacKenzie** • Ad Manager **Paula Cain** • Beauty Manager **Heather Wurst** • Entertainment Manager **Michelle Platt** • Sales Execs **Rachel McFadyen, Claire Stidwell** • Production Controller **Kathy Canavan** • Production Manager **Camilla Clarke** • Production Co-ordinator **Sasha Nuttall** • Group Marketing Manager **Kerry Tasker** • Product Manager **Rose Boutwood** • Promotions Director **Debbie Johnson** • Promotions Assistant **Liz Hoey** • Promotions Art Editor **Deborah Selner** • Client Sales Manager **Inelda Labon** (0171-437 9011) • Publisher **Barbara Patterson** • PA **Lucy Darbyshire** • Executive Publishing Directors **Louise Matthews, Carrie Barker** • Editor-in-chief **Ian Birch** • Editorial Director **David Hopworth** • **Just 17** Back Issues and subscriptions, Tower Publishing Services Ltd, Tower House, Sovereign Park, Market Harborough, Leicestershire LE16 9EF, tel: 01858 458888 rates - UK: £50, overseas surface: £62, airmail Zone 1: £100, Zone 2: £110, all rates include postage • **Just 17** is published by EMAP Elen Ltd, colour by Latent Images, printed by St Ives (Peterborough) distributed by

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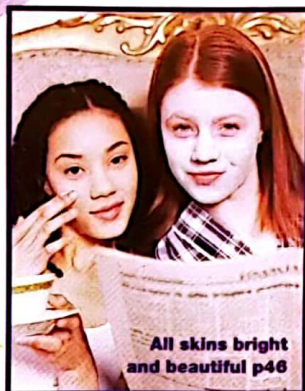
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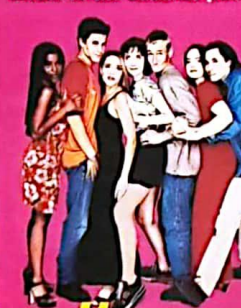
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## hollyoaks tragedy

# Days and confused



**W**hat with **National Prune Week** just gone and **National Condom Week** coming up, the calendar's being taken over. National Smile Week, Grandparents' Day, Eat An Apple Week... c'mon, it's time to reclaim the year for ourselves. **Here are some events we'd like to see become annual excuses for a party...**

★ **National Hamster Day** For 365 days every year (well, 366 some years), little Hammy plays on his wee wheel and bathes you in unconditional love.

Well, it's about time the furry fellow got his very own day, with all the sesame seeds he can eat and a new toy for his cage.

★ **Daughter's Day** Mothers and fathers have theirs, but when you ask about yours, they snort, "Humph! Every day is your day." Well, it just isn't true.

On this day, you should get breakfast in bed, cards telling you how wonderful you are and, of course, loads of presents.

★ **Oasis Week** To celebrate their talent, a whole seven days will be devoted to the Brits-busting, music-making bros. There'll be nothing but Oasis records on the radio, a fly-on-the-wall doc about life in the Gallagher household, and Liam'll go round to every fan's house and snog 'em.

★ **International Women's Week** International Women's Day already exists – and it happened last week, in case you didn't notice. But one measly day isn't long enough to celebrate all the aceness of girlkind. We reckon we deserve at least a week!



## Hic and miss

Next time you get an attack of hiccups, try this guaranteed cure, courtesy of J17's Sophie W. While a friend covers up your ears, drink a glass of water. If there aren't any mates around, you can just about manage it yourself, honest. And it really does work.

**Sarra 'n' Lara** are lying flat on the floor under a desk, whimpering...

## Think pink

Made a date? Keep a note of it in this funky, flowery personal organiser from **Miss Selfridge**. At £6, it'll have you scribbling all summer long.

Floral pen (£10), from Obsessions (tel: 0171-379 1740 for enquiries).



# what a W

## Shooting stars!

Not ones to miss a trick, indie popsters **Dubstar** are re-releasing their first single **Stars** this Monday. And to coincide with that, they're doing their live thang across the UK in March. Dates include: Newcastle Riverside 21st; Glasgow Garage 22nd; Manchester University 23rd; Sheffield Leadmill 24th and Wolverhampton Wulfrun Hall 25th. (Check local venues for details.)

## The Fab Five

The J17 office's fashion predictions for sweet spring are...

1. **Sophie D, senior scribe:** "Ponchos. Do you know the way to San Jose? In your warm poncho, it doesn't matter if you get lost!"



Sophie D predicts orange

2. **Michael, assistant ed:** "Anything towelling – shirts, tees, even pants. Towelling on skin feels fruity and you can wipe your hands on it too!" Coo-er!

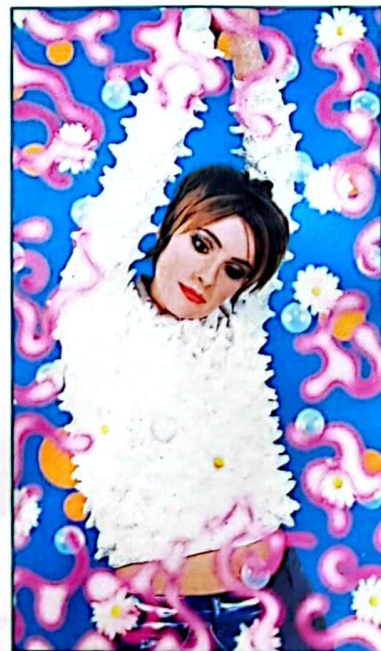
3. **Caroline O, production poobah:** "Tangerine. That's the colour, not the fruit."

4. **Rachel, picture peep:** "The lottery logo will be all over clothes, colours will be bright and strong... and I haven't got a clue what I'm talking about."

5. **Lara S, fashion filly:** "Dressing up as doctors and... Oooh! Mind where you stick that thermometer, Matron!"



Michael's happy with his nappy





## Under a fiver

Calling all space cadets! Rocket down to **Topshop** and buy yourself one of these Perspex rings. They look mighty swank, but at **£2.99** they won't leave a black hole in your pocket.

## Sponsored splash

Fancy getting fit and raising money for ChildLine at the same time? Well, the BT Swimathon '96 is taking place in more than 500 pools round Britain next week, so now's your chance. If you think you can go the distance, contact the BT Swimathon hotline on 0345 881199 for details.



## Gossip...

with celeb queen **Sarra**

★ Yes! **David Duchovny** has split up with his girlfriend of over three years, **Perrey Reeves**. The *X-Files* star is now free and available! ★

**Sandra Bullock**, not content with plans to be reunited with **Keanu** in *Speed 2*, is currently writing, producing, directing and starring in a film called *Making Sandwiches*. A gal who likes a slice of the action, eh? ★ *Addams Family* star **Cristina Ricci** features in the

last episode of the current series of *The Simpsons* as the voice of Lisa Simpson's best friend.

★ **Oprah Winfrey**'s planning to run for President sometime in the not-too-distant future. Weird or what? ★ Spotted: **Richard E**

**Grant** with a mystery blonde near the English National Opera... ancient model **Marie Helvin** at swank eaterie *The Ivy*, where **Patsy Kensit**, **Simon Le Bon** and wife **Yasmin** were also enjoying dinner together, and **Suede's Brett Anderson** was seen tucking in... **Patricia** from *Brookside* using a cashpoint... and **Martin Rossiter** from *Gene* in London's swinging *Camaby Street*. ★ During a bomb scare in London t'other week, **Noel**

**Gallagher** got stuck in a guitar shop. While he was locked in during all the commotion, he gave an impromptu hour-long performance for fellow customers. Coo-er! And when *Oasis* won their Brit Award for Best Band, they only agreed to pick up their prize if it was presented by wrinkly '60s rocker, **Pete Townsend**. And lo, it was. Strange that! ★ While filming *Evita* in Argentina, **Madonna** drove staff at her hotel crazy. Mads wanted a hi-fi system, a selection of fresh flowers and stacks of exercise equipment in every room. Loads of health food had to be shipped in, as well as popcorn and Gummi Bear sweets. What a madam!



X marks the young free and single spot



Noel's shop party

Sizzling!

### Plucking your eyebrows

**As Seen On TV**  
Sunday morning heaven!

### Post-it notes

**Alice bands**  
Especially when they're covered in feathers

**The bloke in the Crunchy Nut Cornflakes ad**  
Fwoarrgh!

**Writing love letters...**  
...and not sending 'em

**Plucking your eyebrows 'til there's nothing left to pluck**

**As Time Goes By**  
Sunday evening hell!

**Scribbling on the backs of envelopes**

**Diamanté hairslides**  
Like, so last year

**The bloke in the Kentucky Fried Chicken ad**  
Yuk!

**Writing essays...**  
...and handing them in



Fizzling!

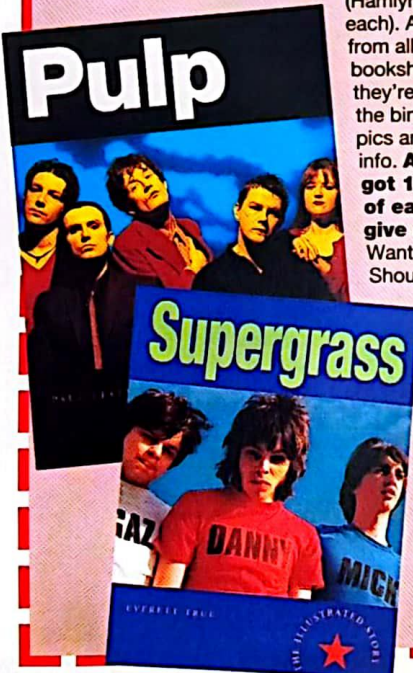
## WIN WIN WIN

Fancy becoming an expert on **Gaz's** sidies or a specialist on **Jarvis' shirts**? You will be after reading these new tomes on **Supergrass** and **Pulp**

(Hamlyn, £9.99 each). Available from all good bookshops, they're bustin' at the binding with pics and insider info. **And we've got 15 copies of each to give away!** Want one? I Should Coco!

Just dial **0891 408831** and complete the title of this Pulp song: *Disco* ....

For details of how to enter, and rules and regulations, see page 31.



'What A Week' was written to the sounds of Etta James' *I Just Wanna Make Love To You*, *The Progressive Sounds Of Combustible Edison*, the *Trainspotting* soundtrack, *Boss Hogg's / Dig You* and anything by Elvis 'The King' Presley.

# Your essential

Feast your eyes on fears to saucy thorn

## Dress sense

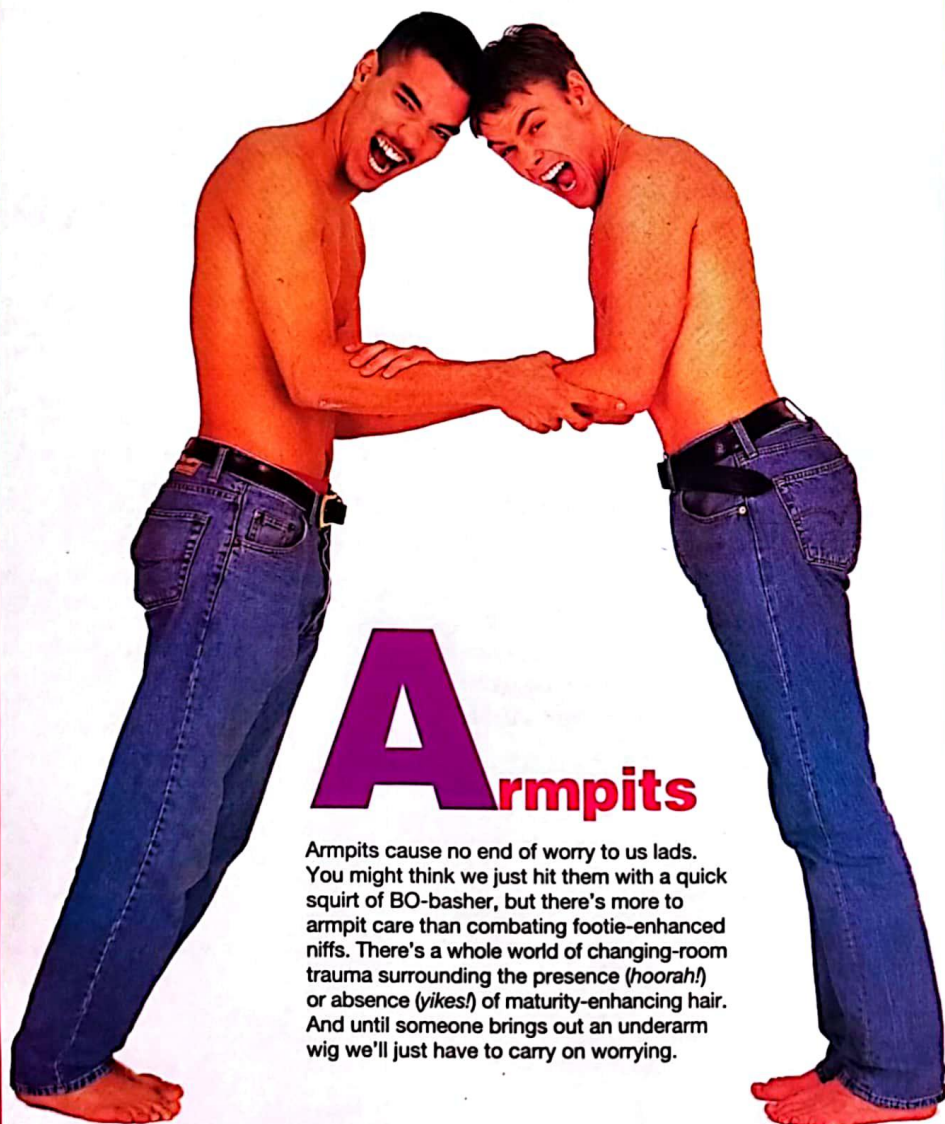
Clothes, as the saying goes, maketh the lad. What we wear tells everyone what music we're into, how much money we've got and what our relationship with our parents is like (eg. ripped leather jacket – not good; fluffy chunky cardigan – too close for comfort).

If you're cool, sophisticated or sporty, you tell people through your clothes. Sadly, lots of lads ignore the fact that unless their look matches their personality, they risk looking a little foolish. Hmm... the class geek in Arnet shades and a Stüssy Tee? Not a good look.



## Armpits

Armpits cause no end of worry to us lads. You might think we just hit them with a quick squirt of BO-basher, but there's more to armpit care than combating footie-enhanced niffs. There's a whole world of changing-room trauma surrounding the presence (hoorah!) or absence (yikes!) of maturity-enhancing hair. And until someone brings out an underarm wig we'll just have to carry on worrying.



## Ego

This comes in two flavours – inflated or wounded. Guys are proud beings, and like showing off (in case you hadn't already noticed).

If someone says something bad about us we act hurt, get in a huff and go all moody until we're reassured of our excellence. Or at least until Neighbours comes on.



## Bum fluff

No matter how much time a boy spends grooming himself, inside he wants nothing more than to look like a tramp. We'll test every whisker-encouraging myth from shaving bald skin repeatedly (ouch!) to sleeping in a grow bag. We can't understand why older brothers and dads bang on about what a pain shaving is when we're desperate to see our first growth. When chin hair finally does arrive, we're always desperate to style it. But alas one whisker does not a goatee make.



## Car

Motors might not be the best way to get around 'cause they're noisy, polluting and take up too much space – but they're still ace. All boys like cars. We dream of the freedom of the open road, escaping mum's lectures and picking up some mates to hang around with in Safeway's car park. Sadly it takes years to save up for one, so we overcome this by talking about top speeds, go-faster-stripes and hub-caps, in the belief it makes us sound clever.



## Filthy jokes

Yep, we really do like them. Here's one for ya: What do you call a naked...

# A-Z of boys

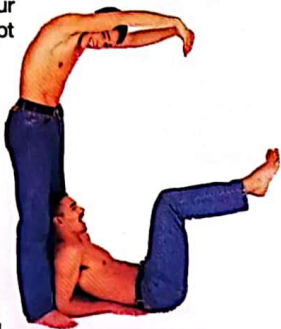
Our Eddy's complete guide to Ladland. From snog rights, it's everything a '90s girl needs to know!

## G

### irls

Our opposite number. Both the object of our affections and The Enemy. Girls are what makes it hard for us boys to be boys. You might think lads are tricky to understand sometimes, but we're lost when it comes to deciphering you lot. It's tough enough for us to get our heads round the concept of periods, let alone how your alien minds work. Especially the going-to-the-loos-in-pairs thing.

And its not like we can just ignore you and get on with things (like we can our mums), 'cause at the end of the day, we fancy you too. Aaargh!



## J

Oh yes, we laugh and scoff at your girly magazines in public, but as soon as we can get our hands on a copy in private, we're hooked. Lads don't have anything like J17, and although we'd never admit it, we wish we did. Think of how many boys write in to J17's advice pages. Makes sense, huh?

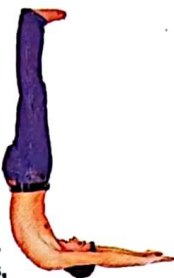


about a bit. But in reality, it's like trying to ride one of those trick bicycles with reverse handlebars – dead easy in theory, but our bodies betray us. We snog too fast, drool too much and make noises like we're eating whale blubber. Sexy or what?

## L

In winter, most lads don't think about their legs. But as soon as spring gets into swing, they weigh heavily on a boy's mind. It's nearly summer, which means (gasp!) shorts. And shorts mean our pins are on display to the whole of girldom.

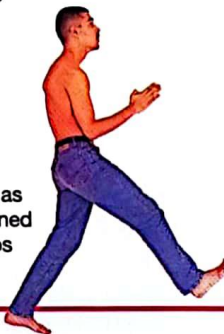
The happier he is with his legs, the shorter his shorts. Blokes with legs like knotted string favour baggy skater-style trews, while lads with 'manly' legs wear boxer short-length kecks.



## K

### issing

Snogging's great, but it's not as easy as it looks. To the untrained boy eye, you just slap your lips together and move them



## H

Lads come in for a lot of stick about personal hygiene. Just because we think nothing of wearing the same socks for a week doesn't necessarily mean we're slobs.

And there's nothing wrong with keeping a dirty T-shirt on for a few more days, so long as it smells OK. That's our argument, anyway.



## I

### dols

Girls have crushes, boys have idols. When we like a band/footballer/chef (you never know), we do all the usual things like putting up posters. But the difference is we don't fancy our heroes, we emulate them.

We'll go to great lengths to be as cool as our chosen one, down to copying hairstyles. This doesn't automatically make you a great guitar player/corner taker/sauté-er of potatoes, but that doesn't stop all lads from trying.



## M

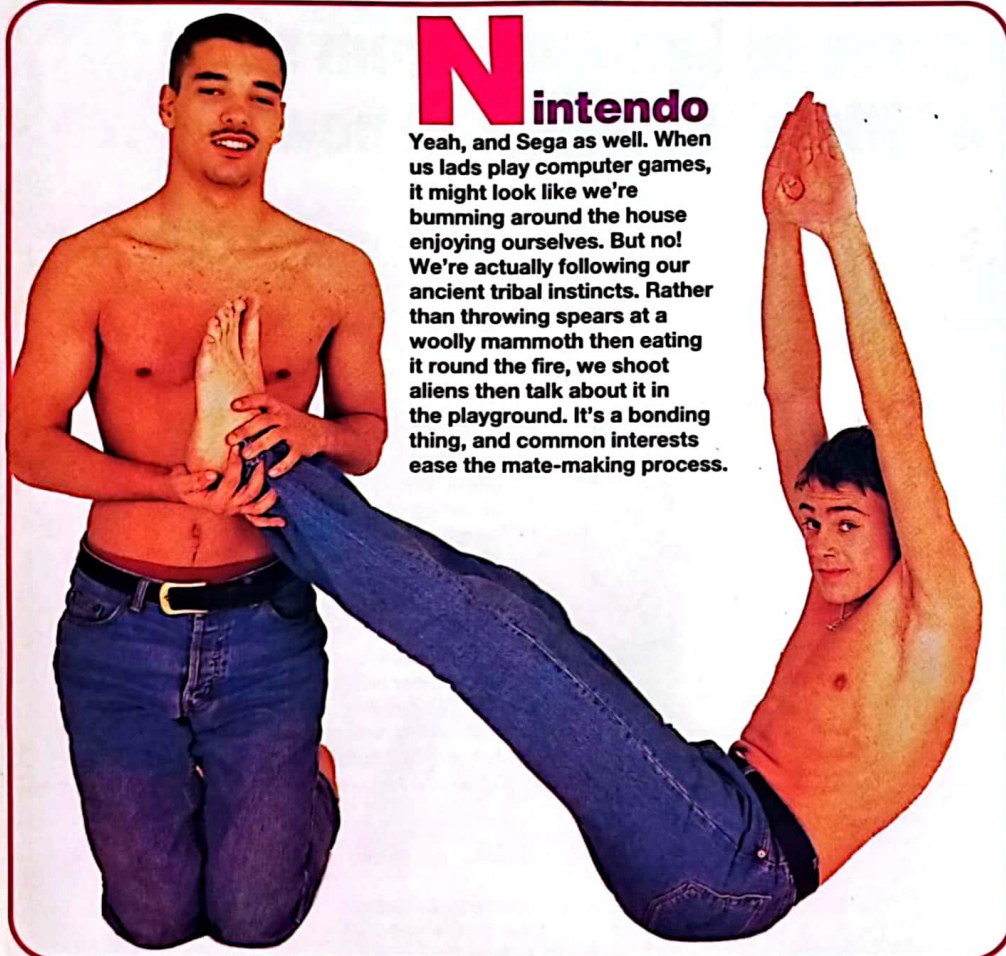
### asturbation

Hey, there's nothing shameful about this. In fact, so unashamed are us lads about our clandestine sub-duvet activities, we'll happily talk to our mates about it all day.

Most boys are a goldmine of masturbation stories and the only time we'll feel the slightest bit embarrassed about our exploits is if a non-boy (er, that's a girl) gets to hear about any of them. At which point we'll run away and enter the priesthood.



# Your essential A-

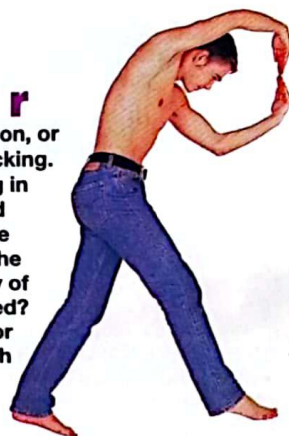


## Nintendo

Yeah, and Sega as well. When us lads play computer games, it might look like we're bumming around the house enjoying ourselves. But no! We're actually following our ancient tribal instincts. Rather than throwing spears at a woolly mammoth then eating it round the fire, we shoot aliens then talk about it in the playground. It's a bonding thing, and common interests ease the mate-making process.

## R'n'r

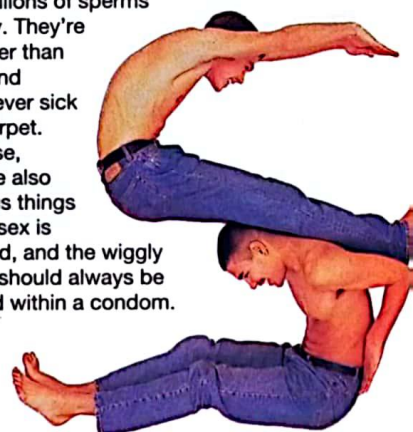
Rest and relaxation, or boy code for slacking. Why bother living in the outside world when you can live quite happily in the safety and luxury of your very own bed? It also stands for rock 'n' roll which is, er, quite boyish too.



## Sperm

You girls can keep childbirth. After all, you can only have one baby at a time, whereas we create millions of sperms every day. They're loads cuter than babies, and they're never sick on the carpet.

Of course, sperm are also dangerous things as far as sex is concerned, and the wiggly blighters should always be contained within a condom.



## Our mums

They're those things that do your washing and remember where you put everything. They're good for cooking the tea too. If only we could remember to get them a card on Mother's Day.



## Quack!

Quacking or trumping is one of the great pleasures of being male. We'll comment and joke about the volume, length and smell of any passing of wind. Heck, we'll even light our farts in the right company. Honestly, you just don't know what fun you're missing.

## Pecs

The bad thing about this equality lark, at least from a guy perspective, is that girls aren't shy to judge a boy's bod these days.

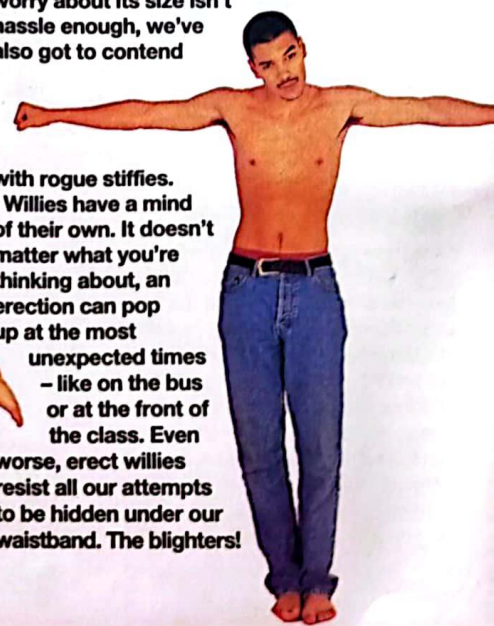
There's no more getting away with junior love handles or flabby shoulders. Today's chicks demand firm torsos like something from a Coke ad. Well, tough. We've got enough to worry about with exams, armpits and spotty backs, without having a complex over our bellies.



## Tackle

What's between a boy's legs is more trouble than what's between their ears. As if having to worry about its size isn't hassle enough, we've also got to contend

with rogue stiffies. Willies have a mind of their own. It doesn't matter what you're thinking about, an erection can pop up at the most unexpected times – like on the bus or at the front of the class. Even worse, erect willies resist all our attempts to be hidden under our waistband. The blighters!

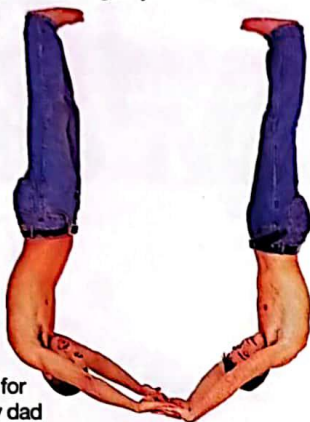


# Z of boys

## Underpants

Pants aren't the kind of thing boys like to spend a lot of time thinking about. This means it's a good idea for their mum to remind them to change their grundies every so often.

Boys'll stick to their fave style of pants, be it briefs, boxers or (shudder) Y-fronts, which are for lads whose fogey dad buys their clothes for 'em.

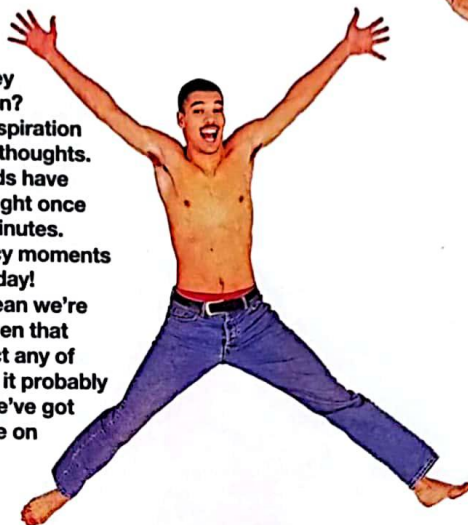


## X-rated thoughts

Naked shop dummies, Zoë Ball and the lingerie section of Freeman's catalogue.

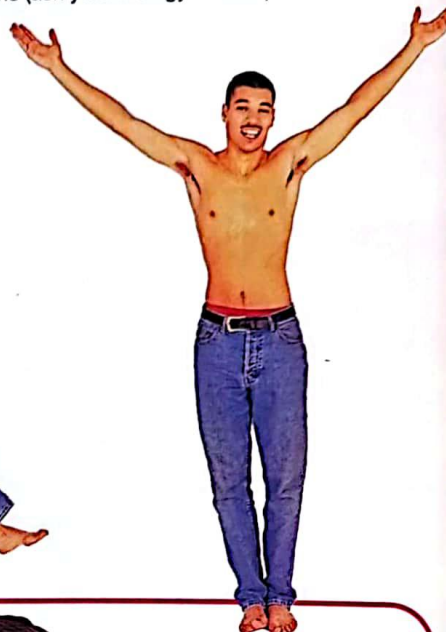
What have they got in common? They're the inspiration for our saucy thoughts. Apparently lads have an erotic thought once every three minutes. That's 120 racy moments every school day!

It doesn't mean we're perverts or even that we want to act any of them out. But it probably does mean we've got too much time on our hands.



## Y chromosomes

We haven't got any of these. That's why we're not girls (ask your biology teacher).



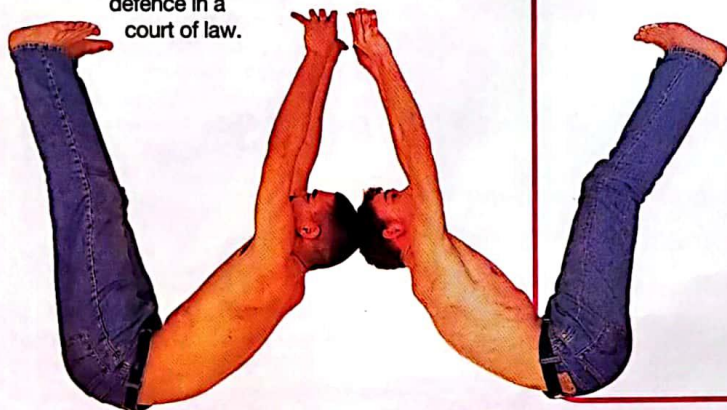
## Virginity

Most blokes believe they were born knowing everything about sex. As soon as their friends show the remotest interest in the opposite gender, lads are suddenly a wealth of anecdotes and 'advice'. In reality, though, they're secretly petrified of being the least experienced dude on the block. How sad are we?



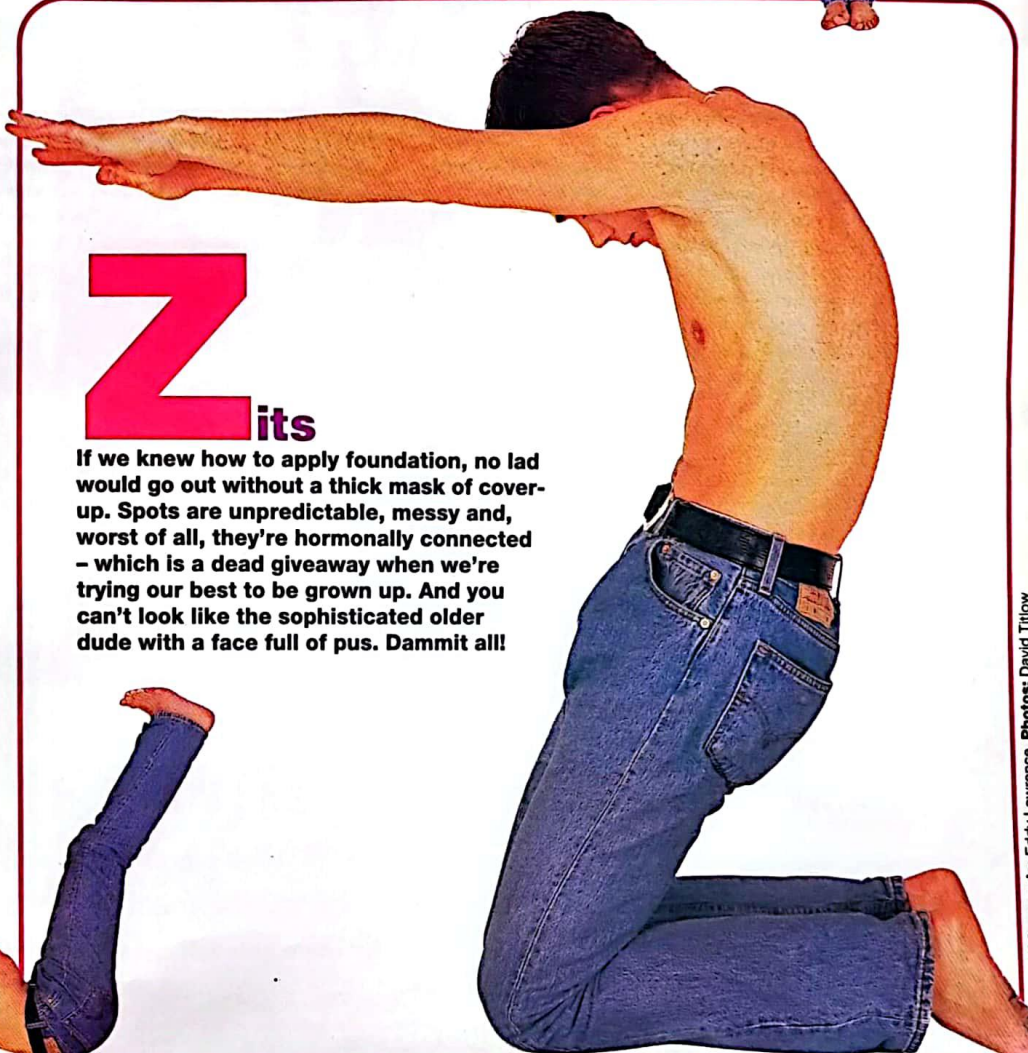
## Wussiness

Our fear of looking like a softy in front of our mates is what leads lads to do lots and lots of stupid things. In mild form, this peer pressure isn't so harmful, but it can get out of hand and lead to such perilous activities as smoking, drinking cider and getting into fights. Unfortunately, "I didn't want to look like a wuss, m'lord" is not a valid defence in a court of law.



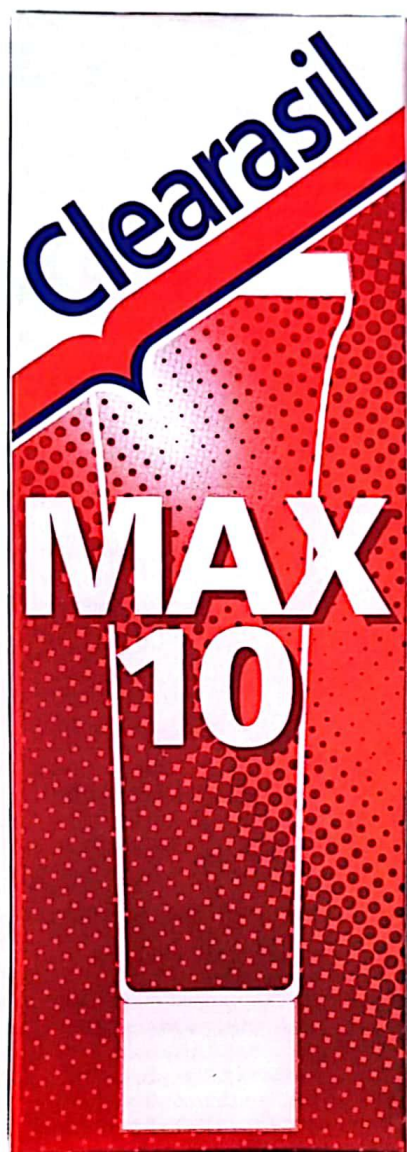
## Zits

If we knew how to apply foundation, no lad would go out without a thick mask of cover-up. Spots are unpredictable, messy and, worst of all, they're hormonally connected – which is a dead giveaway when we're trying our best to be grown up. And you can't look like the sophisticated older dude with a face full of pus. Dammit all!



# Clearasil **MAX 10**

~~10~~



**VOTED BEST SPOT TREATMENT BY 'IT'S BLISS'**

What else would you expect? After all, there is nothing stronger or faster available without prescription. You could also help to stop spots before they even appear by using Clearasil Lotion or Facewash every day.

Clearasil Max 10 contains Benzoyl Peroxide. Always read the label. Available only from the pharmacist.

by Sophie D

# mail

## bonding

### Star Letter

## The Twit Girls



It or twit?

We want to complain about the 'It Girls' article (24 January). Who do they think they are? Charlotte recommends telling lads that they look like Mark Owen. Well, Charlotte, most guys wouldn't want to look like Marky. Being yourself works in front of guys too, y'know, and we're living proof of that. And if you want to flaunt your bodies, that's your problem - but don't try

to tell us what works and what doesn't!

**Too non-flaunting but very successful gals**

● Seems one girl's chat-up is another chick's put-down! But there's no need to get those poison pens out. Remember, the It Sistas were only sharing their self-esteem bounty with the rest of Lasskind. How kind!

## Strike a BLOOMING light!

I know **EastEnders** is a depressing TV soap, but it's definitely getting worse. Take **Pauline Fowler**, for instance.



The other day she was walking around the square with a tea cosy on her head. I thought nobody could look as bad as Ian, who's been walking round with a caterpillar above his top lip. It looks like things are going downhill, dontcha agree?

**Yvonne Graham, Liverpool**

● Sorry, I'm too down in the mouth to talk about this now. Maybe it's the telly company I've been keeping. Those trips to Albert Square. Dunno. Sob!

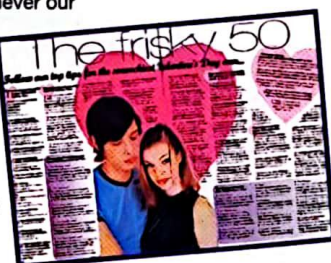
## All of a flut-ter!

I was reading the latest issue of your brill mag when I came upon the 'Frisky 50' article

(7 February). I was very annoyed that you seem to think male flute players (known as flautists) are sad! I'll have you know my boyfriend and I both play the flute and our teachers are cool.

**From a musical chick now suffering from low self-esteem**

● Hey, it was never our intention to insult flautists. J17 believes in harmony between all chick-kind, tone-deaf or jammin'. Peace and sweet melody, sister.



## Planet Leto

Dear pimple-squeaking fab magazine. When we landed on this planet we spotted, on our supersonic radars, a rather hunksome young chap going by the earth name **Jared Leto**. As soon as we'd cleared up all the drool, we looked in his files

and discovered that he once starred in a TV drama, **My So-Called Life**. The rest of the crew locked themselves

in the filing cabinet, and refused to come out until they have more info on the aforementioned Champagne Supernova. As we feel that you are the leading authority on all things bright and beautiful,

could you please give us a life-sized poster to take back to our dimension, so that we can make the other inhabitants very jealous indeed.

**Toodle-pip, Zasmberet and Treght**

● Hmm, p'raps you're Zig and Zag's long-lost relatives? Jared is indeed a juicy



earthling boy specimen. He'll be appearing soon in coolmundo flick **How To Make An American Quilt**. 'Til then gurgle and \*%\$£ over this 'ere piccie of the young hunkster.

## Barmy BULLIES

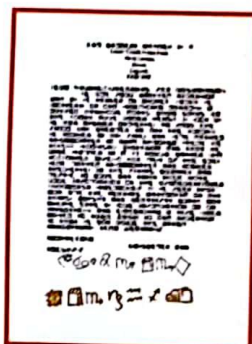
I've recently discovered some really sad cases of bullying in my school, and others too. People are being picked on just 'cause their mums shop at Netto or other low-budget places, rather than somewhere like Sainsbury's. Why does it matter where they shop? And why take it out on the kids, when it's not even their decision? I reckon people should lighten up and be grateful they've got food on their plate in the first place.

**Angry J17 reader, Manchester**

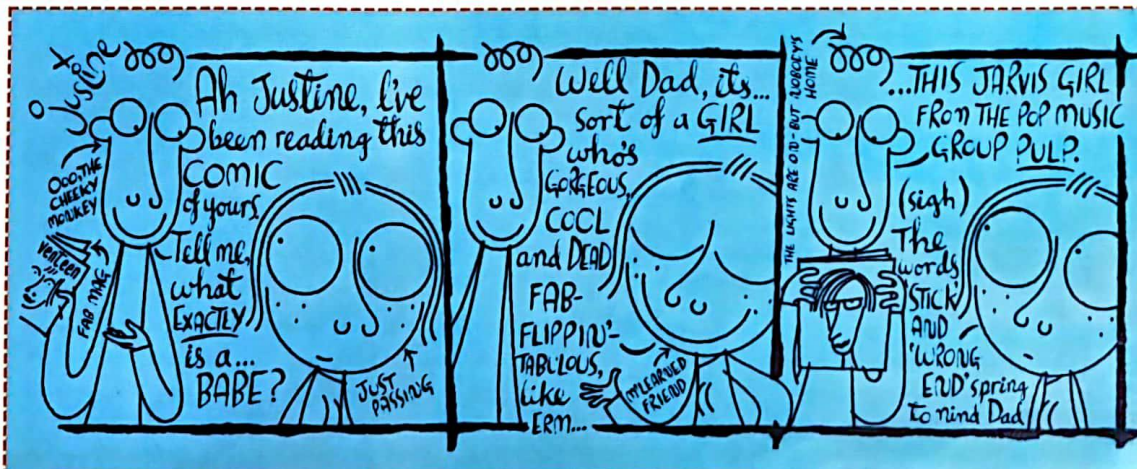
● How low can you go, eh? It's personality that counts, not the contents of your mum's supermarket trolley. It's about time someone shopped these bullies, 'cause they're stupid snobs with no real class!



Seen any March hares recently? Springing around in a mad fashion and rabbiting on? It's that zippy, bouncy time of year again, so jump to it and scribble to me, Sophie D, at 'Mail Bonding', J17, PO Box 417, London WC2H 7TW. Friskiest letter wins a goodie bag.



Letter from beyond



# These girls used to ...but now they're the best of b



## Emma, 16

On first sight... a goody-goody

"She was your typical sweetie-pretty-type who didn't care about anything except herself, boys and being a teacher's pet. And anyway, I never got on with blonde girls." *Ruth*

"She intimidated me 'cause she's so pretty. She was the type who always did her homework, spoke very nicely and would never swear or fart in front of anyone." *Steff*

## On second thoughts...

Steff was shocked by Emma's snog-talk: "When we were paired off for a project on a school trip, the first thing Emma talked about was which film stars would make the juiciest kissers. I was really shocked 'cause it was like hearing your granny talk about sex! After that I made a real effort to get to know her, because she was such a genuine, funny person. I found we had tons in common."

## Anna, 16

On first sight... a Barbie doll

"Anna seemed like a complete Barbie... she knew Emma from primary school and they stuck together like limpets. They were the stuck-up twins." *Bex*

"She was always getting everything right, a real goody-goody." *Ruth*

"She seemed to look down on everyone else. Like she wouldn't consort with the enemy." *Steff*

## On second thoughts...

Ruth had a rude awakening: "I found out Anna had copped off with my boyfriend. My first reaction was shock 'cause she seemed so sickly sweet. Part of me wanted to kill the bitch, but I felt admiration for her too - she had better taste in boys than I'd expected! I'd suspected he was snogging around, so I directed my anger towards him not Anna, and now we're close friends."

## Steff, 15

On first sight... a tomboy

"I thought she was a boy." *Emma*

"She had short, spiky hair and hung around with boys, but not as a girlfriend. My friends weren't really that type." *Anna*

"I didn't want a tomboy in tow when I went out pulling." *Ruth*

"A bit of a yob." *Bex*

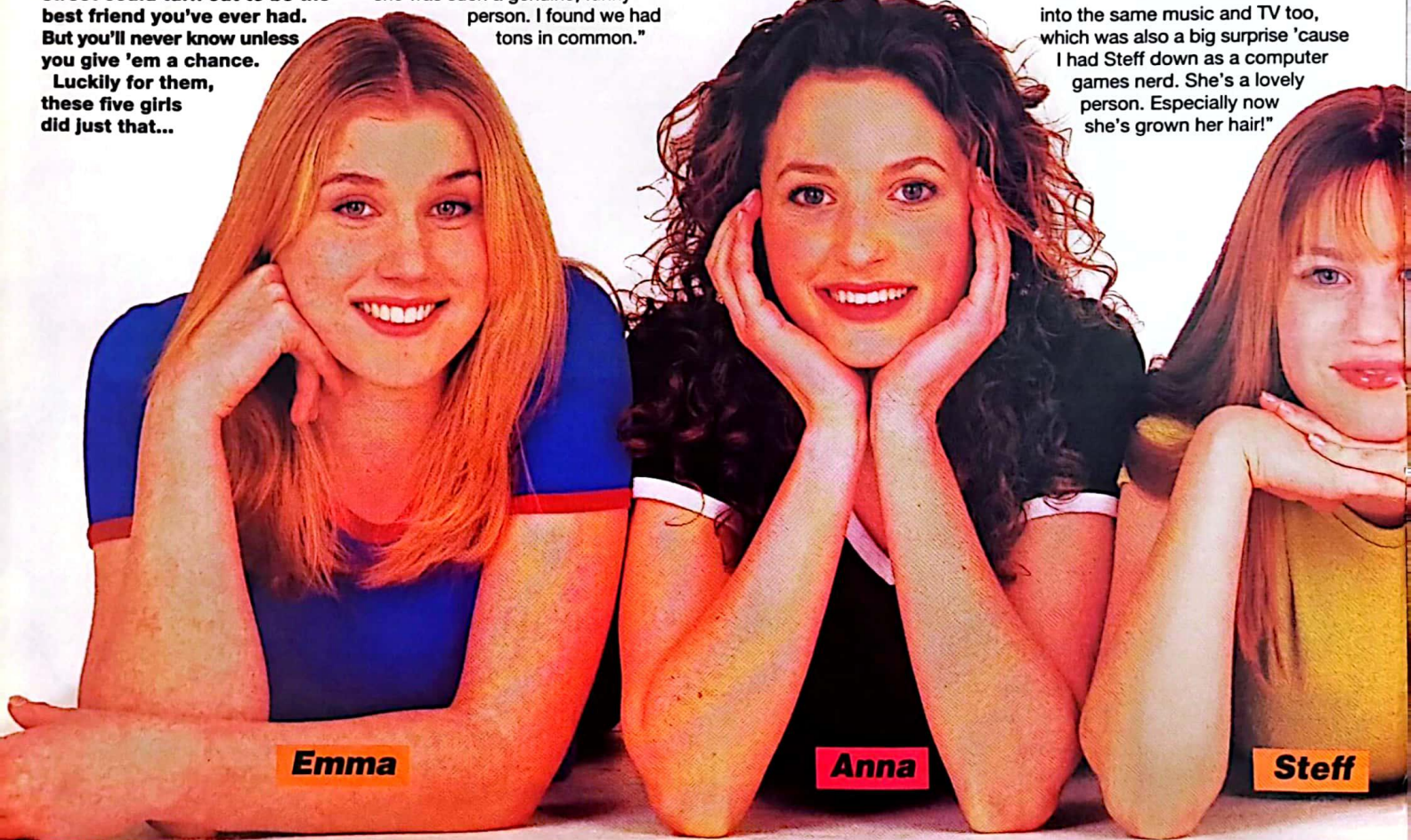
## On second thoughts...

Emma saw beneath Steff's spikes: "I'd stuck close to Anna, because everyone else seemed so loud. And I was quite nervous when Steff and I were flung together on our school trip, so I waffled on about famous people I fancied.

I admitted I'd always gone for older men like Harrison Ford and Sean Connery, and I was impressed when Steff said she did too, 'cause she made me feel a lot less weird! We're into the same music and TV too, which was also a big surprise 'cause I had Steff down as a computer games nerd. She's a lovely person. Especially now she's grown her hair!"

**J**udging books by their covers can be extremely misleading - and the same applies to people. Who knows? That stuck-up daddy's girl in maths or that quiet wallflower down your street could turn out to be the best friend you've ever had. But you'll never know unless you give 'em a chance.

Luckily for them, these five girls did just that...



Emma

Anna

Steff

# hate each other... buds. So what happened?

## Bex, 15

On first sight... a bitch

"She hung around with this unbelievably bitchy group of girls so I assumed she was just like them." *Ruth*

"Her gang looked down on everyone else – I didn't want anything to do with them." *Steff*

"I heard that Bex was a nasty piece of work so I kept well clear of her." *Anna*

"Her mates were terrible." *Emma*

## On second thoughts...

Ruth found that Bex had a soft side: "I went into the girls' loos at school and heard Bex crying. It shocked me because she'd always seemed so hard and unemotional. I coaxed her into admitting she was unhappy with her gang of so-called friends – they'd been picking on her and calling her names.

The problem is that Bex is very insecure and she clung onto that group because she just wanted mates. Of course, everyone assumed she was as bitchy as the others, but actually she's a very kind, quiet person. But when she gets going on a night out, she's the funniest out of all of us!"

## Ruth, 15

On first sight... a big gob

"She scared me to death because she was so outgoing. I'm quite shy so I tend to latch onto anyone who'll have me. That definitely didn't include Ruth." *Bex*

"Ruth was the most obnoxious loudmouth I'd ever met." *Emma*

"I never imagined wanting to talk to Ruth, let alone be mates with her." *Anna*

"Far too much to say for herself." *Steff*

## On second thoughts...

A near-fatal boy-disaster proved Anna wrong: "Ruth's gorgeous boyfriend assured me that he'd dumped her and tried to snog me one evening, so I went along with him. When it turned out they hadn't split up at all I was terrified about Ruth's reaction. She was actually more angry with him than me. He'd two-timed her with loads of other girls, so in a way she was

grateful that I'd helped expose him."

## THINK AGAIN

Friend-seekers, beware! What you see isn't always what you end up getting. Here's what some of the girls had to say:

### Acting aloof

**Anna:** "I was so scared of meeting new people that I didn't give anyone a chance at first. And that made me seem aloof and snobby."

A classic mistake, this, deciding that everyone will eat you for breakfast when you go near them. That's why the others thought Anna was a 'lick my trainers' type.

**If you're shy:** Remember, everyone's flattered by attention, so make an effort to be friendly. You don't have to drop your old friends, but there's nothing like the buzz of finding top new ones. Plus, everyone starting at school or college will be just as grateful to make new pals as you are.

### Bitchy buds

**Bex:** "Remember that someone being bitchy might just be trying to get people's attention. Only since having true friends have I felt secure enough to be myself."

Bex made the error of falling in with a well-known crowd to give her confidence, but it alienated the caring, sharing types who proved to be much better friends in the end.

### If your friends act like enemies:

Hanging with the hard crowd is a dangerous fix and does your self-confidence no favours. Bad buddies may be a convenient insecurity shield but true friends are the only real cure.

### Looks deceive

**Steff:** "I'm no different now my hair is long – I didn't suddenly become girly when it grew. I hope that proves that you can't judge a book by its cover."

At first, Steff's hair made her look like a hedgehog. Now she's more like Timotei Woman. Has this changed the girl's neath the locks? Not by a split end. And, while we're at it, blondes aren't daffy airheads and plump girls won't nick your chips, OK?

### If you're worried about your looks:

True friends don't care what you look like, which is little comfort when it feels like the whole class is calling you Pizza Face. But don't get paranoid – it'll just make your situation worse. Save your energy for making friends with folk who won't diss you for the way you look.

These girls know that first impressions are a dud way of judging people. They all hated each other on sight but look at them now – couldn't part 'em with a high-speed rhinoceros. Remember, the saddest of exteriors may be a hiding a diamond gal!



**YAY!** The boys with the fabbest facial fuzz in pop were crowned Best Newcomers at The Brits and are back with a stonking new single. **Supergrass – we salute you!**

**S**o who are these be-sideburned boys? First up is Gaz Coombes, the 19-year-old, monkey-like lead singer. Then there's cute, doe-eyed drummer Danny Goffey who's notched up 21 years. Lastly comes cuddly bassist Mick Quinn who, at 25, is the old man of the band. **Where do they come from?** All three hail from Oxford, famed for its University and indie bands. Indie bands? Yup, Radiohead, Ride and new group The Mystics all come from Oxford. Sam from The Mystics is a pal of the 'Grass as well as their producer.

**The kids are alright**  
**So was *Alright* the band's first record?** By gum, no. Supergrass isn't even the boys' first band. When Danny was 10, he was in a band called The Fallopian Tubes who sung rude songs which were neither big nor clever. He and Gaz then formed The Jennifers.

**Right. What were they like?** Frankly, a bit dodgy. Their first headlining gig was at a village hall, and they did a speeded-up version of the Crimbo classic *Little Donkey*. **Were the lads still at school?** Yup. Gaz was 16 and Danny 18. Gaz says: "We were doing homework at two o'clock in the morning after a gig in London, then getting up for school and going straight to another gig in Manchester afterwards." **What happened?** They released their one and only single, *Just Got Back Today*, then split up soon afterwards.

## Lawnboys

**What then?** They teamed up with Mick and formed Theodore

**"Boys up and down the country were copying Gaz's sideburns and suddenly the band were huge."**

Supergrass. Luckily, they decided to ditch the rubbishy first name. **Then they put out some records?** You're getting the hang of this, aren't you? Yes, their first top 40 hit was *Mansize Rooster*, which got to number 20. Lenny was the band's first top ten single. While filming their first *Top Of The Pops* appearance for it, the 'Grass sneaked onto the *EastEnders* set, and tried to swap their photo for tragic Debbie's on Nigel's sideboard! **Naughty! What about *Alright*?** The vid was filmed at Portmeirion in Wales where mad '60s TV prog *The Prisoner* was set. The boys rode around on kids' bikes, cruised the beach on a bed and generally mucked about. Everyone bought the single, newspapers ran stories on how boys up and down the country were copying Gaz's sideburns and suddenly the band were huge.

**Top of the chops**  
**Gaz is, er, a distinctive-looking fella, isn't he?**

Yeah, but some might say that the band's big burns make them all the more appealing. In fact, Gaz was asked to appear in an advert for Calvin Klein, and one for the re-launch of '70s aftershave Hai Karate.

**Blimey, does that mean he's a bit vain?** Not at all. He turned both ads down, so we won't get to see him strut his high-kickin' stuff. "I haven't got anything to hide, though," he says.

Gaz doesn't even like looking in the mirror: "Magazines make us look less spotty, so when I peer in the looking glass it's always an anti-climax."

**What about his dodgy clothes?**

Gaz never leaves home without his pants: "I'm a briefs kinda guy." His mum would be proud. But his most treasured possessions are his '50s rock 'n' roll shoes which make him half an inch taller.

## Going out?

**Have the boys got an eye for the laydeez?** Well, Mick did once say:

"If Gaz had a sex change he'd be alright. He wore a blond wig and a beauty spot in the *Mansize Rooster* video and he was so gorgeous, I couldn't believe it. Bit toothy in a Joanna Lumley-type way."

**So he fancies Gaz?** Oh no! Mick's happily attached. In fact, after the band arrived at last year's Glastonbury festival in a helicopter, he didn't gallivant

around. Instead, he spent the weekend there with his girlfriend and his nine-month-old baby girl, Daisy, and five-year-old step-daughter, Emily.

**What about Danny?** He steps out with Pearl from indie types Powder. They recently got engaged, but instead of buying rings, they had matching tattoos done on their feet. Ouch! But Danny can still remember the first girl he snogged. "She was called Natalie Smith," he blushes, "and it was behind her house when I was about eight years old."

**Does Danny have any other tales of love?** "I used to lure girls back to my bedroom and play Kajagoogoo (dodgy '80s band) to try to get a snog." He also put in a stint as a school dinner 'lady', but denies the fact he gave extra portions to the girls he fancied. Yeah, right.



## Supermas and pas

**Now you come to mention it, Danny looks kinda familiar...**

You've been watching too much TV. Danny's dad, Chris, occasionally presents BBC2's *Top Gear*. He probably showed the band how to ride their bikes safely in the *Alright* vid.

**What about Gaz's ma and pa?**

Says The Gazster, "My mum's very stubborn. I'm the same and I'll carry on arguing even when I know I haven't got a real argument left."

**Any brothers or sisters?** Funny you should ask. Gaz's big brother, Bobsie, plays piano with the boys when they tour. Do they look alike? You'll have to go along and see!

**But I can't get in to some venues – I'm not old enough.** Well, worry not. Respect is most definitely due to the 'Grass, 'cause they're playing an under-16s gig in London. At last, a band has realised that it's tough to get into a gig if you're still at school!

## I should loco

**So the band like playing live then?** Oh yes. They recently played to 40,000 people in Brazil. "It was seriously cool," gushes Gaz. "The enormity of it only sinks in afterwards. You don't know how you played, then someone tells you people were really happy with you and you think, actually there were 40,000 people

out there and I did do a good job." **Whoah! Sounds pretty scary.** Yes, but not as terrifying as when the boys hung out for a while with the infamous great train robber, Ronnie Biggs (who lifted a huge wad of cash from a train in the '60s and now lives in Brazil). Gaz says, "He was a funny bloke." **But his gang bashed somebody's head in. Not that funny.** No. But then the 'Grass boys weren't exactly angels themselves. Danny, for instance, was expelled from school at the age of 15 for being naughty. "I never told me mum about it," he recalls. "I'd go out each morning as if I was going to school, but instead I'd go to this travellers' site that was on the way and hang out with the kids there all day." **So they're proper bad boys then?** Nah, they're big softies really. They played for a charity schmoozathon for Children In Need, during which Danny balanced a small child on his knees. Apparently the tot belonged to Danny's missus, Pearl.

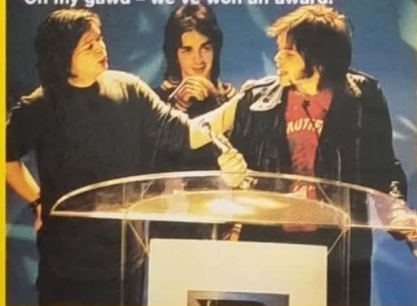
**What are the boys up to at the moment?** Top new single *Going Out* is storming up the charts as we speak, they've just received their first Brit award, and they're recording a spanking new album. So as Gaz said at the Brits, 1995 was certainly a good year for the 'Grass – so let's hope '96 is even better. Good luck chaps!



★ ★ **DANNY** ★

# , The **Grass** are greener

"Oh my gawd - we've won an award!"



## **On the record**

Supergrass didn't start life with *Alright*, y'know. Here are their toons so far...

### **Caught By The Fuzz**

(August 1994)

A cautionary tale about getting told off by the police.

### **Mansize Rooster** (February 1995)

A boastful little ditty about having a big, um, bird.

### **I Should Coco** (May 1995)

A whole album of top toe-tapping tunes, including the first four singles.

### **Lenny** (May 1995)

Apparently dedicated to guitar-toting American Lenny Kravitz, 'cause it 'sounded like him sitting on the toilet'. Eh?

### **Alright** (July 1995)

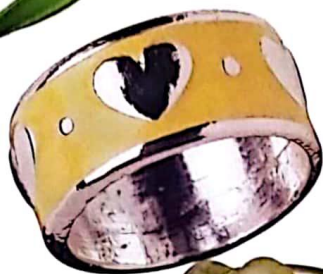
The feelgood song of the summer with the feelgood vid of the summer.

### **Going Out** (February 1996)

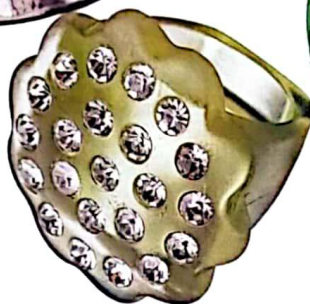
The 'Grass go '60s on us with a tale of a day trip and a vid set in a park bandstand.



Green and blue patent purse **£7.99** by **Pepe** (tel: 0171-836 8666 for enquiries)



Yellow enamel ring with silver hearts **£4.99** and green Perspex ring with diamanté studs **£4.99** both from **Torq** (tel: 0181-385 0662 for enquiries)



Round clear plastic bag **£7** from **Miss Selfridge** (tel: 0181-910 1100 for enquiries)

Yellow nylon shopper with purse **£5.95** from **Salisbury's** (tel: 01293 612736 for enquiries)

# Fresh as a daisy

**Get fruity with mouth-watering citrus accessories...**

Yellow patent purse **£2.99** from **Top Shop**, Oxford Circus, London W1 (tel: 0171-291 2351 for enquiries)

Lime green patent clog **£15.99** from **Jones Bootmakers**, 16 New Row, London WC2 (tel: 01323 649408 for enquiries)



Green and white wedge-heel sandal **£49.99** from **Office 57**, Neal Street, London WC2 (tel: 0181-838 4447 for enquiries)



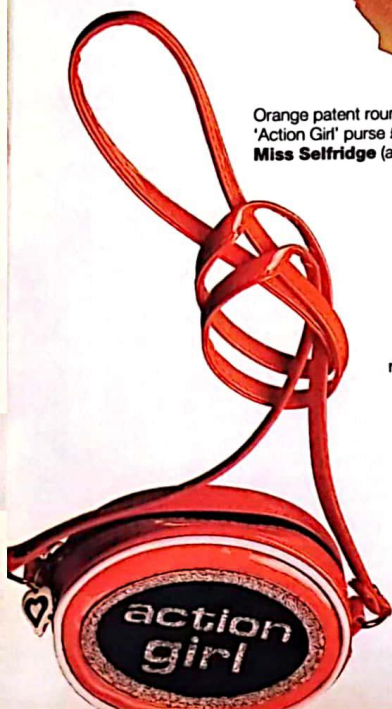
Orange patent sandal style no: ND 612 41 **£29.99** from **Freemans** catalogue (tel: 0800 900200 for enquiries)



Multi-coloured floral hairband **£2.50** from **Top Shop**, Oxford Circus, London W1 (as before)



Orange patent round 'Action Girl' purse **£5** from **Miss Selfridge** (as before)



Lime green rucksack **£9.99** by **Converse** (tel: 01293 518896 for enquiries)



Orange straw basket **£17** from **Debenhams** (tel: 0171-408 4444 for enquiries)



"Nobody understands me.  
Not even you."



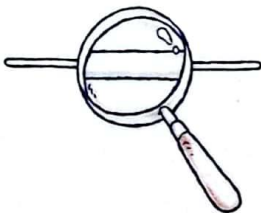
Periods, well that's life. But here's one thing to make you feel a little better – the Kotex Ultra towel.

It gives you great protection with its Stay Dry System,



yet it's an incredible

4mm thin.



So you're dry and protected no matter how else you feel.

Feel a little better with Kotex.®



# 10 ways to make him tingle

**You don't have to go all the way to make each other's toes curl. Our snuggle tips will have you squirming with pleasure...**

**S**o you're not ready for sex, but you still want to get close 'n' cuddly. Well, fret not, 'cause there are loads of other ways to canoodle with your boy. Ten couples test our favourite tingle techniques.


## 1. The heart warmer

**How it's done:** grab your boy and let your body snuggle up close to his. Rest your head on his chest (if you're standing up) or lie in the crook of his arm (if you're lying down) and listen to his heart.

**Best snuggling opportunity:** under the stars, or maybe in front of a roaring fire.

**Why it's electrifying:** two bodies pressed feverishly close together – need we say more?

**Tried and tested by:** Gillian, 16, and Tom, 15. She says: "Cuddling with Tom is like nothing else in the world. When he puts his arms around me, everything's OK." He says: "Snuggling Gilly is even better than watching *Baywatch*."

**Snuggle power rating:** 

## 2. The face stroke


**How it's done:** place your fingertips lightly on your guy's face and stroke softly and slowly. For extra snuggle power, stroke his temples and up into his hairline.

**Best face-stroking opportunity:**

after a long, cosy heart-to-heart, when you've laid yourself bare to him (your, ahem, feelings, that is).

**Why it's electrifying:** the loving, intimate feelings that emerge are hotter than any sub-duvet activity around, honest.

**Tried and tested by:** Jo, 15, and Gary, 16. He says: "At first I found this kind of embarrassing – like something my mum did when I was little, after I grazed my knee – but now I really like it. It shows how much Jo loves me. But don't tell my mates." She says: "I love the feel of Gary's skin, but he does get a bit funny about it sometimes, especially if he's got a zit!"

**Snuggle power rating:** 

## 3. The ear nibble


**How it's done:** cover your loved one's ear with tiny butterfly kisses, then increase the pressure until you're actually nibbling (not biting) the ear. For the more adventurous, try gently sucking on the lobe – but watch those teeth.


**Best ear-nibbling opportunity:** back row of the movies.

**Why it's electrifying:** the intoxicating combo of kissing and nibbling, plus the heat of your ever-quickenening breath is indescribably delicious, say we.

## Snuggle power ratings

 **flesh-on-flesh with Jared Leto**

 **slow dancing with the lad of your dreams**

 **a sub-duvet snuggle with your teddy**

 **a cuddle from the dweeb next door**

**Tried and tested by:** Clare, 17, and John, 15. He says: "My favourite spot is right behind Clare's left ear. Don't ask me why, it's just lovely." She says: "When John nibbles me, I feel like melting."

**Snuggle power rating:**



#### 4. The basic hand-in-hand

**How it's done:** interlocking fingers, or your straightforward one-hand-in-the-other scenario. Come on, it isn't that tricky.

**Why it's electrifying:** skin touching skin is always a major spine-tingler, plus holding

hands makes you feel joined together, as if you're a powerful unit facing the world. Nothing can stop you now.

**Best hand-holding opportunity:** on the street, where everyone can see you.

**Tried and tested by:** Rebecca, 17, and Jim, 18. She says: "Jim and I have a special code. When he squeezes my hand three times, it means 'I love you'."

He says: "I like holding Rebecca's hand – except

when it's clammy and sweaty."

**Snuggle power rating:** 

#### 5. The neck nuzzle

**How it's done:** teasingly rub your face all over your boyfriend's neck, working your way to his shoulders, back, and arms.

**Why it's electrifying:** like other sensitive parts of the body, the neck's an erogenous zone, so nuzzling it is guaranteed to kindle a spark or two.

**Best nuzzling opportunity:** on the bus (making sure you're out of sight of morning shoppers).

**Tried and tested by:** Karen, 17, and Jason, 17. She says: "My neck is the most sensitive part of my body, so I really love it when Jason kisses me there. I get tingly all over." He says: "The skin on Karen's neck is really soft and I love kissing it."

**Snuggle power rating:** 


#### 6. The serious snog

**How it's done:** after a few nibbles and nuzzles, work your way slowly but surely to the lips. Stop. Now start smooching.

**Why it's electrifying:** like the neck, the lips are a heavy-duty erogenous zone. No matter what people say about sex, there can be nothing sweeter than a slow, smoochy snog.

**Best snogging opportunity:** behind closed doors or out of doors – take your pick.

**Tried and tested by:** Kate, 16, and Troy, 16. She says: "The best part of snogging is the snuggling that comes before and after. When Troy and I snog properly, it can take hours." He says: "I could snog Kate all day and all night if she'd let me."

**Snuggle power rating:** 

#### 7. Slap and tickle

**How it's done:** jump the guy of your choice from behind (preferably someone you know) and start tickling. Don't stop until he begs.

**Why it's electrifying:** the thought of where those tickles might lead will drive the boy wild.

**Best tickling opportunity:** when he least expects it.

**Tried and tested by:** Sarah, 15, and Philip, 17. She says: "When Phil and I started going out, we'd get into wild tickling matches. I think he did it because he was too scared to kiss me."

He says: "I was nervous about getting intimate. Tickling seemed the best way to break the ice!"

**Snuggle power rating:** 

#### 8. The hungry heart

**How it's done:** offer your lad a bite of your nosh, then lean close and slowly feed it to him (warning: feeding him spaghetti can be more sloppy than sensual, so don't say we didn't warn you).

**Why it's electrifying:** the mouth's a very sensual organ.

**Best feeding opportunity:** dinner time or snack time.

**Tried and tested by:** Tori, 16, and James, 15. He says: "This may sound weird, but I really love watching Tori eat pizza. It's those big, hungry bites she takes..." She says: "I wish I could say the same, but James eats like a pig!"

**Snuggle power rating:** 


#### 9. The slow dance

**How it's done:** make like *Strictly Ballroom* and hit the dancefloor – spangly garb and American Tan tights optional.

**Why it's electrifying:** the beat of the music mixed with the closeness of your bodies is a force to be reckoned with.

**Best slow-dancing opportunity:** any time a slowie comes on – doh!

**Tried and tested by:** Tina, 14, Darren, 15. She says: "I met Darren at a disco. We danced to *Father And Son* by Boyzone and it was the most romantic moment of my life." He says: "Normally I hate dancing, but if it gives me a chance to get close to Tina, I don't mind at all."

**Snuggle power rating:** 

#### 10. The shoulder rub

**How it's done:** taking turns (hey, fair's fair) apply a bit of massage oil to your guy's neck and shoulders and slowly rub it in, using slow, circular motions.

Remember, you're not Helga the Swedish masseuse, so don't try and walk on his back. Ouch!

**Why it's electrifying:** it's fun, it's soothing and it's v. relaxing.

**Best rubbing opportunity:** after a muscle-knotting revision session.

**Tried and tested by:** Terri, 18, and Jeremy, 17. She says: "There's nothing better than a slow rubdown – Jeremy's got really strong hands." He says: "Touching Terri is always exciting, so it takes a lot of self-control not to get carried away."

**Snuggle power rating:** 

# WHAM! BAM!

# Thank you SCAM



## Tents moments Fiona, 17

**The scam:** "My mate Kerry and I were desperate to go to this all-night rave in the next village, but our parents were having none of it. So we came up with the perfect plan – or so we thought. We told them we fancied camping in my back garden for the night."

No-one suspected anything as Kerry and I pitched the tent and sneaked our make-up and best clothes inside. We climbed in, got ourselves ready and waited 'til the living room light went off. Then we snuck out and headed for the rave."

**Were you rumbled?** "Er, yes. In the middle of the night, while Kerry and I were having the best time raving, a storm broke out and blew our tent down. My dad, hearing the tent poles crashing about the garden, rushed out in his dressing gown and discovered one tent, completely empty, apart from our daytime clothes and make-up bags. Needless to say, he blew a gasket when we came tiptoeing back in the morning."

**Better luck next time?** "The plan was pretty cunning – just make sure you pitch the tent properly."

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## Practice makes problems Joanne, 16

**The scam:** "My parents were visiting a relative for the weekend and agreed that I could stay on my own in the house instead of going away with them. The only condition was that I didn't have any parties."

At the time, I'd just started going out with this boy called James, who played drums in a rock band. I thought he was so cool that I said he and his mates could use our kitchen as a rehearsal room while mum and dad were away."

**Were you rumbled?** "When Mum and Dad arrived back, our nosy next-door neighbour was round like a shot to complain about the blaring music. I explained that I must've been playing my tapes a bit louder than usual, and they seemed happy with that. Then mum noticed all these little half moon-shaped indents on the kitchen floor tiles. They'd been made by the bass drum pedal. I was grounded for three weeks and by the time I was let out again, James had met someone else."

**Better luck next time?** "Better look after your lino when there's a drummer about. Or find yourself a boyfriend who's in an a capella band."

## Driving her crazy Mark, 18

**The scam:** "I had a huge crush on this girl Claire who went to the other school in our town. I plucked up the courage to ask her out and she accepted. The problem was, Claire lived in the middle of nowhere, 15 miles from me, and said I'd have to take her home afterwards."

I was so keen to impress, I said this was no problem, even though I'd only just started learning to drive. For the next week, I pleaded with my mum and, amazingly, she let me borrow her car – even though I didn't have a licence and was still shaky behind the wheel!"

**Were you rumbled?** "No, but I almost killed us. After the date, I drove Claire

**"To my horror we were now going the wrong way down the fast lane."**

home as arranged. But it was dead late and she directed me down winding country lanes in total darkness.

I tried to look really casual, but was gripping the steering wheel so hard my knuckles were white. We came to a junction, and Claire told me to turn right. I managed to do it quite smoothly and was starting to relax, when she started screaming.

It was only then I realised that we'd turned onto a dual carriageway and,

to my horror, were now going the wrong way down the fast lane! There were headlights bearing down on us, so I swung the car round as hard as I could, bumped over the central reservation and got onto the right side of the road just as a van roared past, beeping its horn. I was so shaken, I didn't even try for a goodbye snog when I got her home."

**Better luck next time?** "There won't be a next time. Pretending to be able to drive is super-scary, illegal and was in my case, totally counter-productive. That was mine and Claire's first and last date."

### Party politics Tracy, 17

**The scam:** "My parents were off to stay the night with some of their

**"The whole house was wrecked, but we were all having such a good time, no-one cared."**

friends one Friday evening, so I put word around my class that there was gonna be a little party round my place. When Friday night came, though, practically the whole school turned up and the party turned into a total riot. Someone filled the bath up with mud

from the garden, a bedroom door disappeared, the fridge was emptied and the toilet bowl was severely cracked. The whole house was wrecked, but we were all having such a good time, no-one cared."

**Were you rumbled?** "Were we! There was so much noise that a neighbour phoned my parents at their friends' and mum came home. She burst into the bathroom to find a couple, er, getting to know each other on the floor. She then shut herself in the bedroom and told me to get rid of everyone."

A drunk lad tried to kick his way in to persuade Mum not to stop the party. After a tussle, he got his hand jammed in the door and lost the tips of two of his fingers. Another girl fell down the stairs and got rushed to hospital with

a suspected broken jaw. The ravers left but hung around outside and fights broke out. My mum tried setting our dog on them, then called the police who came round and arrested a few of the lads."

### Better luck next

**time?** "I was grounded for ages. It was a top night, but I certainly wouldn't want to go through all that hassle again. I felt really bad about causing so much aggro for Mum and Dad, although I became notorious around school for being the 'hostess with the mostest'."

### More than double trouble Tessa, 15



**The scam:** "This isn't actually my stunt but my little sister Daisy's. Her school had a small pet enclosure, and Daisy got really attached to these two guinea pigs. So on the last day of school, she smuggled them out under her coat and brought them home, meaning to return them before the start of the next term. She kept them

**"They bred like crazy. Daisy ended up with 46 guinea pigs."**

in the shed without telling our parents, and got me to help her sneak lettuce and muesli out to them. Unfortunately, they started breeding over the summer."

**Were you rumbled?** "Well, they bred like crazy and Daisy ended up with 46 babies. The shed was stuffed with guinea pigs. I thought it was cruel to keep them like that, and persuaded Daisy to tell Mum and Dad. Luckily they thought it was hilarious. We had to return the original pair to school and gave the rest to a pet shop."

**Better luck next time?** "If you're considering keeping two guinea pigs in the same confined space, just make sure they're not male and female, 'cause they're sex mad!"

### Twice as nice Janine, 18

**The scam:** "Simon and I had been going out for eight months when I snogged this really cute guy called Craig at a rave. We really fancied each other, but he had a girlfriend and we agreed to hold off until we'd finished with our partners. He kept his promise and chucked his girlfriend but I didn't have the bottle to finish with Simon, so I went on seeing Craig at raves behind

Si's back. Whenever I had a date with Craig, I pretended I was going out clubbing with my mate Laura.



Things only got tricky when Craig found out I was still seeing Simon. He was pretty narked

that he'd chucked his girlfriend for me. He even threatened to tell Simon."

**Were you rumbled?** "Not really. I knew Simon would never catch me with Craig because he hated raves - two-timing is really easy if you pick boys from different planets. And luckily Craig never blabbed to Simon. Then again, I really regret the way I messed Craig around - last I heard, he was planning to emigrate!"

### Better luck next time

"If you two-time your boyfriend, do it with someone single. Believe me, four-timing's way too complicated."



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# Is school cool?

**EDUCATION – RIGHTS OR WRONGS? HERE'S WHAT YOU SAID IN THE J17 SCHOOL SURVEY...**

**A**t the end of 1995, schools got a rough ride in the media. The murder of headmaster Philip Lawrence, poor exam results and school closures were all in the headlines. But despite all this publicity, the media were indifferent to the opinions of the people really affected – you. We asked what you had to say, and here are your answers...

## Cool school

We asked whether you actually liked going to school. A massive **84** per cent of you reckon school's cool, but **16** per cent just can't stand being there.

## Largin' it

Does size matter? Well, **17** per cent of you said classes are crowded, but **83** per cent thought the number of students **OK**.

## Work is a four-letter word

Most of you thought the level of work was just about right, but **11** per cent felt the work you're set is **too hard** and **2** per cent thought it was **too easy**.

## Blazers away

A whopping **91** per cent of you have to wear a uniform to school. Of the **9** per cent who don't, **half of you** prefer to study in jeans, while the rest of you wear anything from tracksuits to skirts (although hopefully not both at the same time).

## Teach out

Over half of you felt that your tutors value your opinions, although they often seem too

distracted to listen. On a more positive note, nearly a quarter of you (**21 per cent**) thought your teachers **care about what you have to say**.

## Under pressure

Just over half of you (**55 per cent**) didn't feel under pressure to do well in exams, while **10** per cent of you felt under a lot of stress because of your family and, yep, yourself.

A cynical **21** per cent of you thought the school puts a lot of pressure on you because they need to do well in the national league tables.

## Food, glorious food

A lucky third of you have decent school meals with both **meat** and **veg** choices, but another **third** decided there was **definitely room for improvement** in the canteen.

## Extra helpings

Although **20** per cent of you are out of the school doors the minute the last bell goes, **the rest of you** take part in extra-curricular activities like **sport, drama, school magazines** or music-related activity.

## A bit of bully

Two thirds of you admitted bullying sometimes happens, but it wasn't out of control. **Nine** per cent of you reported a **bully-free**

## Sex talk

When it comes to sex education, **39** per cent of you claimed it was almost **non-existent**, while **38** per cent reckoned their sex ed was **OK**, although not as good as it might be. And **23** per cent of you are, quite rightly, annoyed that you get **no, or hardly any, sex education at all**.

environment, but **22** per cent said their schools aren't successful at stopping it. **Four** per cent of you complained that **bullying was rife** and staying that way.

## Special features

Two per cent of you have a condom machine on your school premises.

## Carry on campaigning

Have you or your mates come up with any innovations? **Thirty three** per cent of you are involved in campaigns at school like **anti-racist, anti-drugs, anti-bullying** and anti-alcohol groups.

## Everything changes...

When it came to changing the way your school's run, you had loads of ideas. **Fifteen** per cent of you wanted to **change the way**

your teachers behaved, but **7** per cent wanted to go further than that and **sack the lot of 'em!**

Other popular changes included **better facilities, cleaner loos, better sex ed** and a change in school uniform.

## Generation what?

One newspaper dubbed today's teenagers as 'Generation Duncce' because of bad exam results. We wanted to know what phrase you'd pick to describe your generation. Here are our faves:

- The needs-more-attention generation
- The cool generation
- The easy-going generation.

## The lowdown

It's clear most of you think your school is pretty sussed, but there are certain things that get on your nerves. For example, over **90** per cent of you have witnessed some form of bullying.

Also, it seems sex ed hasn't really improved since we did a survey two years ago.

It'd be nice to think that in the future, your biggest gripes were to do with the school dinners!



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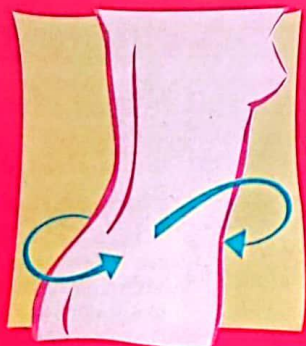
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# "We bunked off school and now we're heroes"

All **Ian Davies** and **Dan Last** wanted was some fish and chips. Instead, they had a night they'll never forget. **Ian tells their story...**



Lively lads Ian (left) and Dan

**"D**an and I have been best mates since we started at Malvern College three years ago. In some ways, we're quite different. Dan likes House music, whereas I love indie. He likes playing football and I'm a rugby fan. But we both like a laugh. I guess we're quite

lively in lessons as the teachers regularly tell us off! There are about 600 pupils at our boarding school, and we all live in one of ten houses where we eat, sleep, do our homework and chill. Our year, the fifth form, is allowed into Malvern town five afternoons a week. We're meant to spend the rest of our free time – including our evenings – in the school grounds.

Anyway, one Saturday night in January, I was feeling pretty bored. I couldn't concentrate on my mock GCSE revision and there was nothing good on TV. Although it was freezing outside, I went and got my bike and persuaded a mate to lend me his too. Then I pushed them both round to Dan's house.

## **Cheeky chippy chappies**

'Let's go into town and get some chips,' I suggested. Dan didn't need any convincing, even though he was 'gated' (confined to the school grounds) for sneaking into one of the girls' houses during a study period. As usual he'd wanted to see his girlfriend, Fleur, and it didn't exactly make him the housemistress' favourite person!

Dan had already been gated five times this school year and we knew we'd be banned from going out for a week if we were caught leaving the grounds –

but we took the risk anyway. Using the bikes we made a quick getaway at around 8.30pm. There was snow on the ground, but we cycled like crazy towards town.

We planned to leave our bikes in a nearby park, and when we got there we pushed them along the path, looking

for a bush to dump them under for the evening.

## **Damsel in distress**

But as we turned a corner, we almost bumped into a woman coming in the opposite direction. She jumped and said, 'Don't hurt me!' I asked if she was OK, but she just mumbled and staggered off.

At first, we assumed she'd got drunk in town and was making her way home. But after we'd locked up our bikes, Dan said, 'I think we'd better go back and check on her.' As soon as we rounded the corner I was horrified to see her sprawled on the ground. She was wearing just a thin jacket and jeans, and was lying face down in the snow. Dan thought she must have stumbled and hurt herself.

We rushed over to the woman, gently rolled her over onto her back, and asked her again if she was OK. She didn't answer, but just lay there, making a choking sound and shaking violently. I think we

would have both panicked had we not just started a first aid course for our Duke Of Edinburgh Award.

Dan quickly checked the woman's airway was unblocked. Luckily, she seemed to be breathing OK, but her pulse was racing.

She looked like she was having some kind of fit and her skin felt cold and moist.

## **Help at last**

We quickly took off our jackets to help keep her warm, and turned her onto her side in the recovery position. Then Dan stayed with her while I raced off to fetch help. The ground was icy, and I remember

slipping and sliding as I ran frantically across the park. The first crowd of people I met were obviously drunk, so I ran on, praying I'd come across someone else.

**"I was horrified to see a woman sprawled on the ground, face down in the snow."**

When I reached the park's swimming pool, I grabbed the first man I came across and yelled, 'There's a woman in a very bad way up there.' He told a colleague to call an ambulance and then took him to where she lay in the snow.





The 'Snow heroes' outside their school, Malvern College

He suggested moving her under a street lamp so we could see her properly.

I was shocked at how pale the woman looked and when her eyes flickered open momentarily, we could only see the whites. I pushed her hair behind her ears, and spotted that she was wearing a hearing aid, which made me wonder if she could hear our words of comfort – that was very disheartening. Even so, Dan and I kept shaking her gently, asking her if she was OK. 'What's wrong with you?' Dan was pleading. Eventually, she whispered just one word, 'Epileptic.'

## Action stations

As it was so cold, we decided to move her into the foyer of a local theatre, about 150 yards away. The three of us carefully carried her into the warmth, then I ran off to redirect the ambulance. When I got back, it had arrived and the woman was covered in blankets, and I was relieved to see she'd started to get some colour back in her face.

When she'd been stretchered into the ambulance, I told the man from the swimming pool that we

were from Malvern College, in case they needed to check anything with us. Then I glanced at my watch, and realised we were late for our 9.30pm roll-call.

'We're in trouble now!' I yelled to Dan. But he was laid-back as usual and told me not to worry. The man from the pool offered us a lift, but we needed to get the bikes. We grabbed them and cycled like mad back to school. It was nearly 10pm by the time we arrived.

My housemaster immediately asked me where I'd been and I told him I'd been over at Dan's house and had lost track of time. But Dan told his housemaster about the woman in the snow, so eventually mine called me back into his study, and said, 'I need to know the absolute truth.' It took a while to convince him our story wasn't just an elaborate excuse.

## Cool customers

Soon after, the man from the swimming pool rang up our headmaster and asked if he'd rewarded the two boys who rescued a woman on Saturday night. The head knew nothing of our exploits and was taken aback.

He called us into his study and congratulated us. Then he added, 'But you weren't meant to be in town Saturday night'. Still, he didn't punish us for bunking off and we even got a pat on the back!

Later, we heard that the woman, who was 28, had recovered after three days in hospital. She'd suffered an epileptic fit and we may well have saved her life.

The next day there was a photo of us in a local paper under the caption, 'Snow Heroes', so a lot of kids took the mickey out of us. But at the same time, pupils I'd never met before, as well as a couple of teachers, said, 'Well done'. Dan even got mobbed by some grannies in a newsagent!

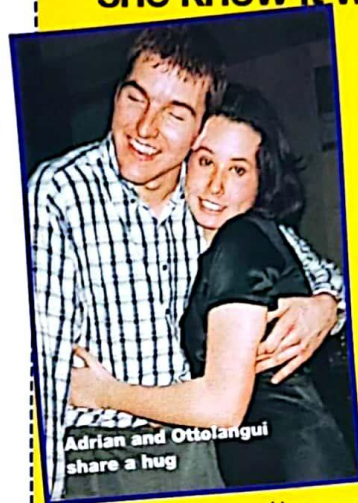
We were really chuffed we were able to help the woman in the park. Who knows what might have happened to her if we hadn't fancied a bag of chips."

## Advice

If you want to find out about procedures such as the recovery position, St John Ambulance hold first-aid courses throughout the country. Look in the phone book for details of your nearest county HQ or contact St John Ambulance Headquarters, 1 Grosvenor Crescent, London SW1X 7EF, tel: 0171-235 5231.

# "Stars in my eyes"

When Ottolanguai, 15, saw Adrian in a school play, she knew it was love...



Adrian and Ottolanguai share a hug

"Last year, the music school I go to helped put on a space-age play, *Eden Two*. It was held in our town hall in St Neots, Cambridgeshire.

On the opening night I was in the orchestra pit playing keyboards and was really excited, especially when the leading boy came on stage.

He was wearing horrible clothes and so much glittery make-up I couldn't work out what his face was like, but there was something special about his smile and the way he moved.

## Green-eyed boy

After the play, I was getting my music together when he walked past me, his face all freshly scrubbed. He was so cute, my heart nearly stopped. I was determined to get his attention so I called out, 'That was brilliant!' He turned, smiled at me and walked on.

I couldn't stop thinking about him, especially his sea-green eyes. And when I overheard a couple of girls near me saying how gorgeous he was, I thought I'd better act fast before someone else snapped him up. I knew my friend Emma was in the same local theatre company as he was, so I told her I liked him.

## Double date

'Adrian? He's just started going out with another girl in the play,' Emma said. I wanted to cry, especially when I knew I had to watch him performing on stage for another two nights, knowing he might never be mine.

Luckily for me, their relationship finished after a couple of weeks and Emma arranged for Adrian to come to the local fair with me, her and her mate Scott. It also happened to be my birthday and it was the best present I could have had. I was nervous but Emma kept making Adrian and I sit next to each other on the rides. We were laughing, but were both shy and Adrian didn't even put his arm around me.

## Electric touch

The next day we all went to see the film *Judge Dredd*. It was obvious I liked Adrian, but I wasn't sure how he felt. Then on the way home in the car he took my hand and didn't let go. It was like electricity and that was when I knew he wanted to go out with me.

We had our first kiss under the stars and since then we've seen each other nearly every night. We go to parties, ice-skating and even write pop songs together. I never believed thoughtful, romantic boys like Adrian existed, but now I know what love really means."

# "Mum made me give my baby away"

When **Helena**, 17, found out she was pregnant she faced the hardest decision of her life. **But that was just the start of her problems...**

**J**im and I had always been careful about contraception, so it came as a huge surprise when I discovered I was pregnant. I'd been going out with him for almost a year. He was 17 and a friend of Michael, my brother. I'd fancied him for ages, but he'd always treated me as his mate's little sister, so I was surprised when he made a move on me at a party. I responded, of course, and we've been inseparable ever since. He'd always been a favourite of Mum's, too, and she was thrilled when we got together. She'd been friends with Jim's mum, Pauline, for years and whenever they met up, they'd always joke about what they'd wear to our wedding.

## Pregnant pause

Everything was going well. Jim got himself a job as a trainee car mechanic and I applied to go to college to learn graphic design. But when I found out I was pregnant, I realised immediately that I'd have to put my career on hold.

Mum and I had always been able to talk about anything. My dad left when I was six and I haven't seen him since, so Mum brought us up alone. Michael's in the army, and it was just me and Mum at home.

I wasn't too worried about telling Mum. She'd had me when she was 18, so I thought she'd understand. She was very calm as I gave her the news, but she was also upset. She'd hoped her experience would have made me wait until I was older to have children. I explained that it wasn't planned and I hadn't missed a Pill. I must just have been one of the tiny percentage of women who fall

pregnant while taking the Pill as contraception.

She assured me she'd do all she could to support me. 'I'll be with you every step of the way,' she said, before calling the doctor to discuss an abortion. I didn't know what she was thinking. Abortion wasn't an option – the baby was mine and I was keeping it, end of story. We had a row and she told me I had to get rid of the baby. I couldn't believe it.

## Head to head

I called Jim and he came over immediately. 'Who's a clever boy then?' Mum shouted as he came in. He had no idea what was going on, but Mum soon told him. That wasn't how I'd intended him to find out. I'd wanted it to be a special moment, but Mum made it sound like something sleazy.

Jim took it very well, though, and gave me a hug. Mum told him not to worry, as in a few days it would all be over. He went berserk. 'You're not killing it,' he screamed. 'It's my baby and I've got rights too.' Mum laughed, but she knew she had a fight on her hands. I was over 16 and she couldn't force me to do

anything I didn't want to do. Or so I thought.

I refused to discuss abortion, but Mum had another trick up her sleeve. She said that she wouldn't stand by and watch me ruin my life and if I wasn't going to have an abortion, then the baby would be adopted. Jim and I were horrified. We'd just

got used to the fact we were going to be parents and were actually starting to look forward to it.

That's when Jim's mum, Pauline, intervened. She was behind us, but my mum was adamant my baby would be adopted, and the two families fell out.

I was six months pregnant when I got a letter to

say I had a place at college and it got me thinking about the future. Jim and I were at each other's throats, our families were constantly bickering and there was a lot of pressure on us.

It got so bad that I started thinking maybe Mum was right. As soon as she realised I was weakening, she didn't leave me alone and eventually I gave in to her adoption idea. I couldn't take it anymore and I felt really brainwashed. I just wanted an easy life.

I was offered counselling and secretly hoped the counsellor would tell me I was doing the wrong thing, but she didn't try to influence my decision at all. She just listened and explained the adoption process to me.

When I told Jim, he refused to talk to me and I had Pauline on the phone screaming. I was upset, but Mum convinced me we were right. She made me feel guilty by blaming herself for being such a bad parent, even though she knew she'd been a good mother.

By the time I went into labour last November, everything was organised. Jim still wasn't speaking to me, but there was a social worker on standby to take the baby. My time in hospital was the worst of my life – labour lasted 18 hours. Mum was with me the whole time and when my son was born, Jim was waiting.

## Hospital nightmare

I cried as soon as I saw the baby and Jim started sobbing, but Mum didn't seem to be at all emotional. We named him Thomas, even though I knew I only had a few hours with him. I bottle-fed him and then we just sat staring at our son.

He was perfect in every way and I must have changed my mind a thousand times before I handed him over. Mum took over while Jim and I stayed as removed from it as we could. Nothing felt real. I just couldn't relate to what was happening.

I didn't ask where they were taking Thomas, I just hoped he'd be well looked after. The counsellor

**"I tried to picture the family he'd go to, but all I could see were horrible faces."**



**"We just sat staring at our son. He was perfect in every way."**

explained that he'd receive medical attention for the first few days and then be placed in temporary foster care. I tried to picture the family I hoped he'd go to, but all I could see were horrible faces.

They kept me in hospital for a few more days and I went into a deep depression. I longed to hold Thomas and be a proper mother to him, but I couldn't. Jim kept telling me everything would be alright, but how could it be? I'd given my beautiful baby away to a complete stranger. Mum tried to do her best to comfort me, but I was already beginning to blame her and, deep down, I resented her for what she'd made me do.

As soon as I got home I tried to rebuild my life. I reapplied to college but I couldn't get my head together. Mum and I did nothing but scream at each other. 'You'll thank me for this one day,' she yelled, but I doubted it. Nothing seemed more important

than getting Thomas back. Jim and I sat for hours working out what to do. Mum wouldn't allow us to live with her and Jim's salary wasn't enough to keep the three of us.

### Total confusion

Thomas was three months old when Pauline told us she wanted to look after him. I was ecstatic, but Mum went mad. She reluctantly agreed to meet Pauline, but it was awful. They couldn't agree on anything and, as Mum left, she vowed never to speak to any of us again if we went ahead with the plan.

I knew I couldn't stay at home, so Jim's family invited me to stay with them. I jumped at the chance, but Mum told me that if I left I'd no longer be her daughter. I was heartbroken, but she left me with no choice.

A short while later, Social Services agreed to place

Thomas with Jim's parents for a trial period. That was just over a month ago now, and it's a dream come true. He doesn't really feel like mine, though. It's strange – Pauline lets me do some things, but she doesn't want me to take over.

Jim's really happy about the situation and assumes we'll be able to have the baby back at some point in the future. But I find it hard to accept that I only see Thomas because of Pauline. I'm really confused.

I've tried to contact Mum loads of times, but she won't talk to me. I can only assume she's reacted so badly because she wanted me to have more from life. My friends and my brother are supporting me though, which helps.

### Looking ahead

I love Thomas dearly and in an ideal world I'd look after him myself. I'm happy for him to stay with Jim's family, but what happens if Jim and I split? When do we try to explain things to Thomas? And how will he react when we do? If Pauline adopts him, he'll be Jim's son and brother.

I've got until he's officially adopted to change my mind. If I don't have him, I'd like Jim's family to. Maybe once my career's underway, we'll be able to play a bigger part in Thomas's life, but until then I just want what's best for him. It's so sad that I've had to lose my mum in order to make that decision."

## Advice

Placing a child for adoption is a very difficult thing to do. If you find yourself in Helena's position, think very carefully before you act. Your GP will explain your options, but if you still feel adoption is best for you and the child, there's plenty of help available.

Contact the Social Services department at your local council, even if you're still not 100 per cent sure. They'll arrange for a counsellor to talk to you face-to-face and will take you through the alternatives. You can change your mind at any time during this process.

Once the adoption order has been granted, there are several organisations that offer birth mothers post-adoption advice and counselling.

● **BAAF** (British Agencies for Adoption and Fostering) tel: **0171-593 2000**.

● **NORCAP** (National Organisation for the Counselling of Adoptees and Parents) tel: **01865 875000**.

● **Natural Parent's Network** (self-help for birth parents) tel: **0113 2868489**.

● **CARE** (Coping with adoption related experiences) tel: **01924 894076**.

● **The Post Adoption Centre** (counselling and support) **5 Torriano Mews, Torriano Avenue, London NW5 2R2** (send an sae).



# "I tried to steal my sister's boyfriend"

**Thea, 15, fancied her sister's new lad like crazy – so she decided to pinch him...**

realised how much I liked him. So I decided if I couldn't have him, nor could she.

I started my little scheme by waking up an hour early in order to get to the post before Geri did. If there was a letter from Damon, I made sure I was there to intercept it. He sent two letters and I quickly read them (they were actually pretty boring, mostly about school and stuff) and tossed them in the bin. Obviously, my sister was upset because she thought he'd forgotten about her. I kept telling her that he must be busy with school. If only she knew.

would have no problems attracting admirers.

Well, as you must have guessed by now, Damon hasn't called since. I thought he might, just to ask Geri where they went wrong, or even to talk to me for a shoulder to cry on. But so far, nothing. My sister has no idea why he isn't calling, and I'd like to keep it that way. She wrote him a letter but he never replied, and she's too hurt to call him – especially as I keep talking her out of it.

## Cold shoulder

The problem is, I've never done anything this nasty in my life and my conscience is getting the better of me. I never meant to hurt Geri this much, but I have. She's completely devastated. Now I feel terrible and I don't know what to do. Not only have I broken my sister's heart, I've also lost my chance with Damon. I doubt he'd want to get mixed up with either of us ever again. Plus, if Geri ever finds out I'm responsible for her heartbreak, she'll hate me forever. And to be honest, I wouldn't blame her."

## Advice

Wanting someone else's boyfriend is natural, but it's a case of 'look but don't touch'. And how would you feel if someone you trusted deceived you? If you find yourself in a position like Thea's, think long and hard about the damage you'll cause.

**If you have (1) a real-life story, (2) a true-love tale or (3) a guilty secret to tell, send it to 'Reality bites', Just 17, 20 Orange Street, London WC2H 7ED, marking the envelope as appropriate. If it's printed, we'll pay you £50. Please include your phone number in case we need to check any facts.**

"I've always been really close to my sister, Geri, probably because we're only 11 months apart. We like the same clothes, have the same crowd of friends and hang out at the same places. But then last summer, something happened that changed all that, and I feel horrible just thinking about it.

It all started last August, when Geri and I went to Greece for a month with our parents. For the first week we were all having a great time, hanging around at the pool and gorging on Greek food. But then Geri met Damon. At first I hid my true feelings for him because my sister really liked him. But by the end of the holiday I was so jealous that I couldn't be in the same room as them. But I figured coming back to England would cool things off and they'd forget about each other.

## As cold as ice

Three weeks passed until Geri decided to call him. I kept trying to discourage her, but she was determined. Not surprisingly, Damon was ice cold on the phone and asked why she never replied to his letters. Then, when she told him she'd never received them, he warmed up and Geri was back in his good books again. Of course, I was majorly peeved. Despite my best efforts, my plan hadn't worked.

Geri was back to talking about her number one subject – Damon – day in, day out, and it was getting on my nerves big time. I figured if I didn't do something about it soon, my plan would backfire completely and I'd never have Damon to myself.

So the next time he phoned and asked to speak to my sister, I told him she was out – with her new boyfriend! After Damon calmed down a bit (he was really mad), we talked for a while and I told him not to worry 'cause he could find another girlfriend easily. After all, a guy as cute and nice as him

## If I can't have you

But I was wrong. When we got back home, Geri talked about Damon non-stop and it drove me mad! Although this sounds mean, I was secretly happy when he didn't call her the first week. But then when he rang a few days later, I got jealous again and

# Snogfest

## Army of lovers

Dear Gary,

You'd been in the army for a year when I met you and you were back from Germany for a week. On the last day of your holiday you phoned me and asked me out to the cinema. You paid for everything, including my taxi fare home. I really miss you and can't wait to see you in 22 weeks' time! Take care.

**Lots of kisses, Sam, Portsmouth**



## Love and fate

Dear Rob,

I was sitting on a bench with my mate the first time I saw you. You came over with your friend and tried out a few corny chat-up lines. We realised how well we got on and started seeing each other. Fate had led us into something special and unique. Now the fire's been lit, I know my love for you will never die.

**All my kisses, Elly, Cambridge**

## Flying high

Dear Dave,

We got together on 12 February 1994. You've been great to me and have had to put up with a lot. I know we've had our ups and downs, but you've

been the best mate and boyfriend anyone could ever ask for. I want you to know that whatever happens, I'll always be there for you. I know you've got big ambitions for the future, but I'll support you and be there for you, just like you've done for me over these past two years. I'll always be extremely proud of you.

**I'll love you forever, Sarah, Kent**



**Send your loved one a letter, with a photo, to 'Snogfest', Just 17, Orange Street, London WC2H 7ED. If your letter's printed you'll win five L'Oréal**

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the stars tell us their problems

## NAME: **Sarah** from **Dubstar**

WHAT SHE'S SHARING: **being a late developer**

★ **Why do you consider yourself a late developer?**

My periods didn't start until I was 16 and my breasts didn't grow big enough for me to need a bra until I was 15. It doesn't seem like a big deal now I'm older, but at the time it made life hell because I thought there was something wrong with me.

★ **When did you first begin to feel something was wrong?**

When I was 13 a lot of the girls in my class had already started their periods. There was always this big thing at games time when everyone knew who was 'on' because those girls were excused from having a shower. Then they all used to get changed together in this special little room. I used to feel really left out, like I wasn't being initiated into womanhood.

★ **Did those girls wear bras too?**

Yes, they were the ones with the boobs, while I was completely flat-chested and still wearing a vest. I was so upset that I insisted my parents bought me a bra, even though I didn't need one. I remember going shopping with them and my dad asking in the shop if they sold flat bras. I was so embarrassed.

★ **How did it affect your relationship with boys?**

They just weren't very interested in me. There were about six girls round our way who had big boobs. In the summer, the local lads used to turn the hose pipe on them or throw buckets of water over them so their T-shirts would cling to their breasts. It doesn't sound very nice, but I used to feel so left out because they never did it to me. They used to call me names

like 'ironing board' and 'bee stings'. I felt it most in the summer when I wore a bikini. I was so skinny, just like a lad.

★ **What did your mates say?**

My best friend Joanne had a really big bust and attracted a lot of attention from boys. I wasn't exactly jealous of her, though. In fact she used to wish her breasts were a bit smaller. We used to say it was a shame she couldn't give me some of hers and even us out a bit.

★ **Did you ever pretend that your periods had started?**

When they failed to appear, I used to lie and pretend I had my period, just to get out of games. Every time I did this the teacher put a 'P' in the book next to my name, meaning period. But I got a bit carried away and in the end there was a 'P' next to my name every week, so the teacher sent me to the nurse to find out what was wrong. Luckily, the nurse was very understanding and used to girls pretending, so I didn't get into trouble.

★ **Did you keep expecting your period to start?**

I used to wait and wait and wait.

I was the last girl in the class to get her period. I was always prepared, with a sanitary towel at the ready in my bag.

★ **Could you talk to anyone about it?**

Sometimes I used to talk to my mum, but what could she say? She'd go, "It'll happen when it happens." Generally, I just kept my worries to myself and I ended up feeling very paranoid about it.

★ **What happened when your period actually started?**

It was the one day when I didn't have a sanitary towel with me. It actually started in the sewing class at school. I remember seeing a strange substance on my knickers when I went to the toilet. I was surprised because it didn't look how I'd expected it to.

I was quite worried and thought there was something wrong with me, so I put my knickers in the dirty washing basket and ignored the whole thing. When my mum found them she explained to me that my period had started and there was nothing to worry about. After that I was quite relieved. I remember telling my dad about it at teatime and he said, "Oh, lovely!"

★ **When did you start wearing a bra?**

I was 15. I remember being so relieved that at last I had a bust.

★ **What advice would you give to anyone with a similar problem?**

Remember that every girl's body is different and no two girls develop in exactly the same way. If you're a late starter, don't worry about it. You can be sure it'll happen eventually.

### advice

- Waiting for your periods to start or your bust to develop can be a major nightmare. But just remember that it happens to every single girl.
- There's nothing you can do to speed the process up. But eating a healthy, well-balanced diet with loads of fruit and vegetables and not skipping meals will help ensure that your body functions properly.
- If you feel yourself getting wound up about it, talk to a friend and tell her how you feel. Or make an appointment to see the nurse at your local medical practice. There's nothing at all to be embarrassed about.
- Sarah's right. Everyone's body develops at a different rate. And if your period hasn't started or your chest is as flat as a pancake, don't let it drain your confidence because you *will* grow.



# WIN! WIN! WIN!

## Boyzone for your homezone

Now you can keep Boyzone in your boudoir, 'cause Ronan, Mikey, Keith, Shane and Steve have been dollified. We've got five of each to give away, so make room on top of your stereo! To be in with a chance of winning an Irish idol, send your completed Xword to: Boyzone dolls/Just 17, Prize Xword 399, 20 Orange Street, London, WC2H 7ED by 23 March 1996. Don't forget to write which doll you'd like.

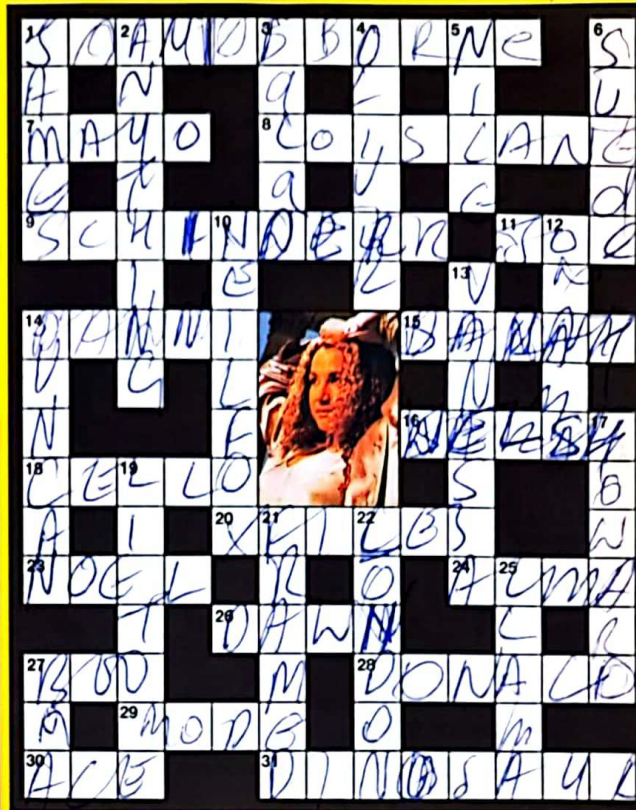


### ACROSS

- 1 See photocue (4,7)
- 7 DJ Simon (4)
- 8 Superman's girlfriend (4,4)
- 9 His list made an award-winning movie (9)
- 11 & 12 down Zany comedian (3,5)
- 14 Neighbours character played by Eliza Szonert (5)
- 15 Jack's missus in *Emmerdale* (5)
- 16 Ryan Giggs' nationality (5)
- 18 Stringed musical instrument (5)
- 20 Spooky sci-fi TV series (1,5)
- 23 Gallagher and Edmonds maybe (4)
- 24 She's wed to Mike in *Coronation Street* (4)
- 26 Could be Penn or French (4)
- 27 No hurrah for those Radleys (3)
- 28 See 17 down
- 29 Jumbled demo for those Depeche lads (anag 4)
- 30 Just the card for that nutty Ventura (3)
- 31 The kind of creature found in *Jurassic Park* (8)

### DOWN

- 1 Etta who just wanted to make love to you (5)
- 2 The whole lot for this 3T hit (8)
- 3 Indie band who sound edibly good for you (5)
- 4 Tom who's Lou in *Neighbours*
- 5 *The Jewel Of The* — (Michael Douglas movie) (4)
- 6 Just the material for Brett Anderson's band (5)
- 10 That DJ doc (4,3)
- 12 See 11 across
- 13 Paradis, Redgrave or Williams (7)
- 14 PJ's musical mate (6)
- 17 & 28 across He was a quarter of TT (6,6)
- 19 Bon Jovi fail to demand the truth (3,2,2)
- 21 *You've Been* — (Jeremy Beadle's TV show) (6)
- 22 A city, a record label, or hunky Jason and Jeremy (6)
- 25 Woolly South American animal (5)
- 27 Supportive garment gets Brad going! (3)



### Crossword answers 28 Feb 1996 Xword 397

**Across:** 1 Upside Down; 8 Amanda Barrie; 9 Blur; 10 Grange (Hill); 11 (That Look In Your) Eye; 13 Paula (Yates); 14 (Blind) Date; 15 Ronan (Keating); 17 Jordache; 19 (Sean) Astin; 20 History; 23 (Skunk) Anansi; 24 (Jaspe) RCA (trott); 25 Cody Willis  
**Down:** 2 Pamela Anderson; 3 Ian Wright; 4 & 12 across Elaine Paige; 5 (Jason) Orange; 6 Nirvana; 7 Noel Gallagher; 13 (Gangsta's) Paradise; 16 (Walt) Disney; 18 (Bat Out Of Hell); 21 Our (Radio Rocks); 22 (Pretty Good) Year; 23 (R) ABC (Nesbitt)

NAME: \_\_\_\_\_

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**XWORD 399**

### Get to those phones, chicklets!

Page 3: Supergrass and Pulp books  
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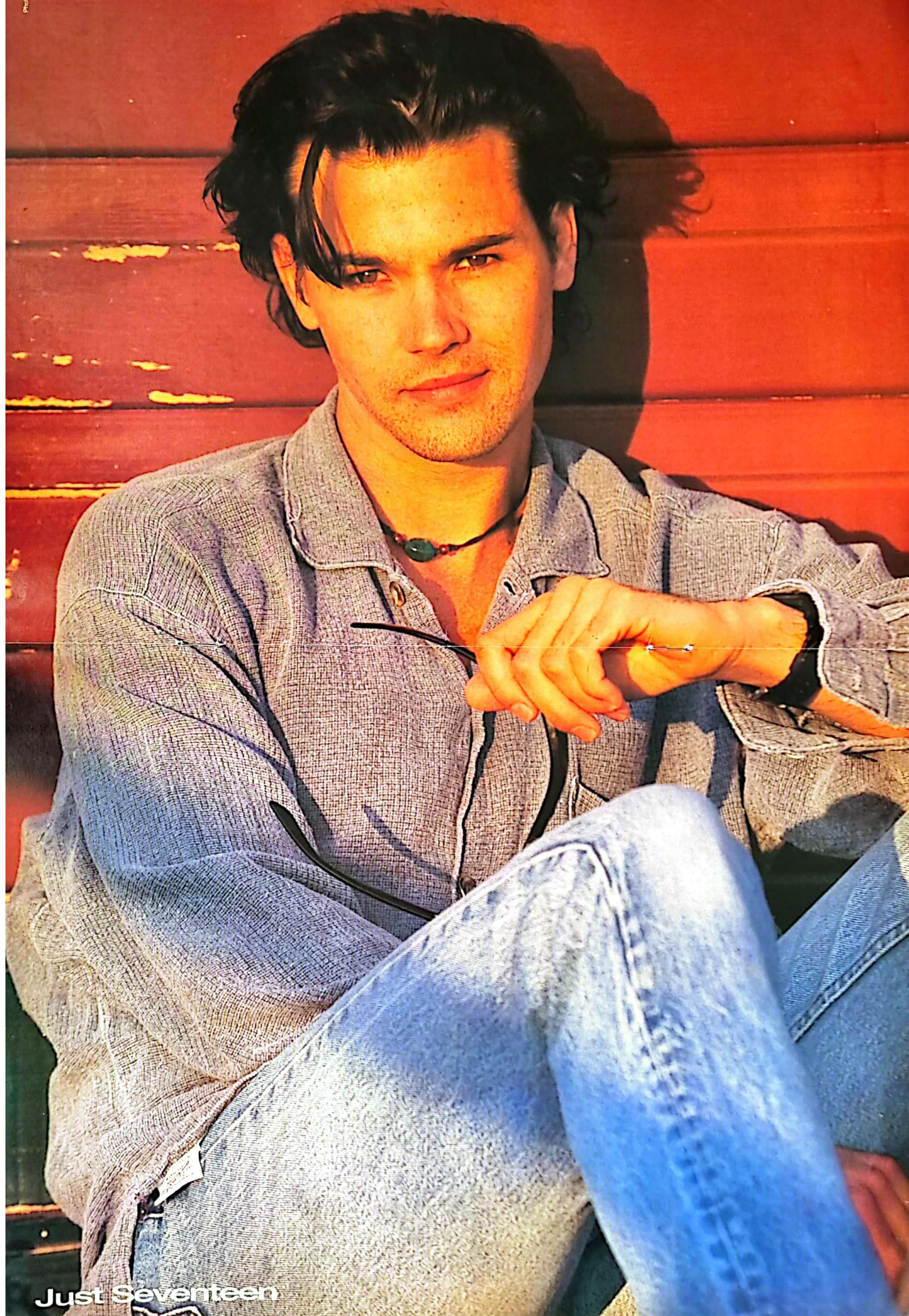
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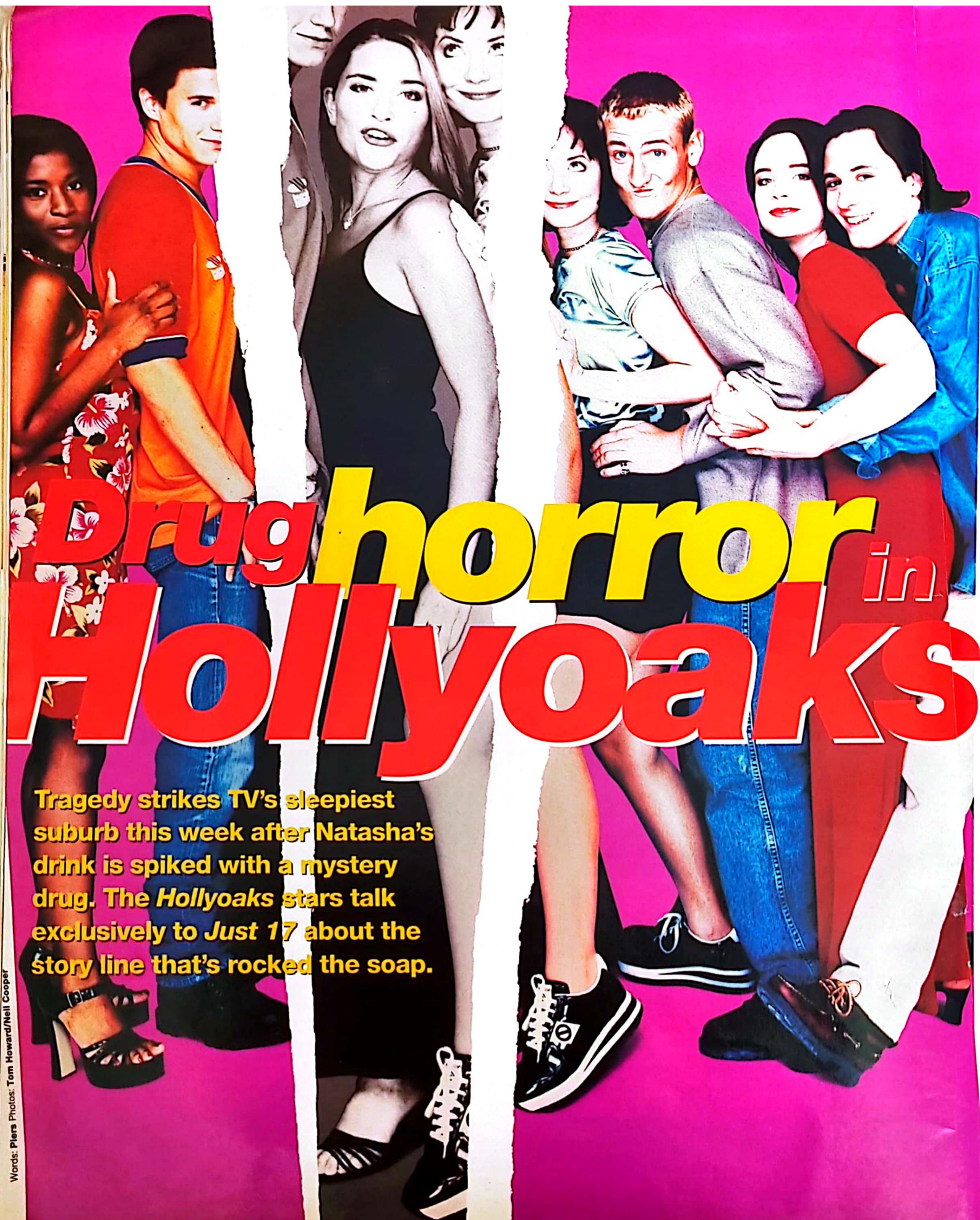
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J17/3





# Drug horror in Hollyoaks

Tragedy strikes TV's sleepest suburb this week after Natasha's drink is spiked with a mystery drug. The *Hollyoaks* stars talk exclusively to *Just 17* about the story line that's rocked the soap.

**H**ollyoaks. It used to be the place where the sun shone, the grass grew green and no-one had anything to fear except for Jambo's rubbish jokes. But last Monday, that all changed. When girl about the 'burbs Natasha sipped a drink spiked with a mystery drug, the debate about teenagers and drugs reared its head once again. We joined the show's stars **Jeremy** (Kurt), **Kerrie** (Lucy), **Warren** (Rob) and **Lauren** (Dermot) for a debate about the damage drugs do.



**Hollyoaks was billed as the soap that was going to look on the bright side. What's changed?**

**Lauren:** "Life isn't all doom and gloom, but teenage life isn't easy – it does have its down side. Natasha's death in *Hollyoaks* is just trying to acknowledge that."

#### How does Natasha die?

**Warren:** "It's Lucy's birthday party and Natasha turns up with Dermot. Lucy and Rob decide she needs loosening up a bit so they spike her drink with a mystery substance."

#### So what's with this 'mystery substance'?

**Jeremy:** "If they'd named the drug as Ecstasy, you'd have to be sure that what occurs on screen accurately depicts what could happen in real life. Research about E is still in its early stages. By failing to name the drug, I think the producers were just trying to avoid misinforming anyone."

**Warren:** "You're left to make up your own minds, but the parallels with E are pretty clear."

#### Do you think that Leah Betts' death influenced the story line?

**Jeremy:** "It was the producer's decision to make Natasha's death drugs related, but there are obvious similarities to what happened to Leah. It's not just a club thing. People are taking it at home at their 18th birthday parties too."

#### So do you agree that nowadays drugs are a bigger part of the social scene?

**All:** "Yeah."  
**Warren:** "I was about 14 or 15

when I first became aware of drugs. At first I suppose you're a bit inquisitive but then you hear all the bad stuff about them. Fortunately, the bad stuff I heard was enough to put me off."

**Jeremy:** "I was protected from it all because I went to a boarding school which was pretty drug-free. By the time I left, I was 18 and old enough to make up my own mind. I guess some people just don't have that luxury."



#### Do you think Hollyoaks provides a true-to-life portrayal of what goes on?

**Kerrie:** "For the characters in *Hollyoaks*, the drugs issue comes from nowhere and, in the episodes after Natasha's death, you see them struggling to come to terms with the circumstances surrounding her death. It's just like anyone else sussing out what drugs are all about and having to deal with the devastating effects they can have."

**Jeremy:** "*Hollyoaks* characters don't look like drug users. Yet all of a sudden, drugs are having a big impact on their lives. It's something everyone should be aware of."

#### In light of what happened to Leah Betts, 'just say no' advice doesn't seem to be working. What sort of message is Hollyoaks trying to put across?

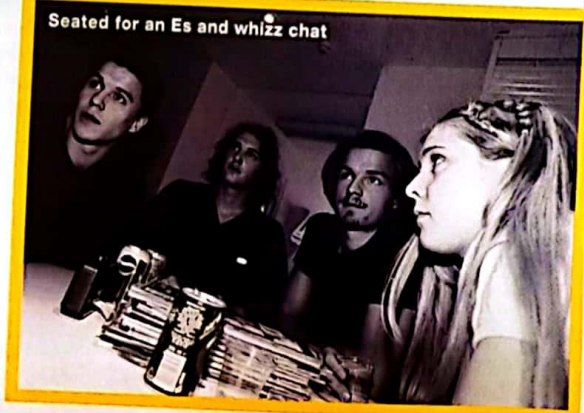


**Kerrie:** "It focuses on what happens when people take drugs, rather than why they take them in the first place. Because Natasha didn't know what

she was taking, she wasn't at all responsible for her own death. She was a victim, which highlights what a wasted life a drugs-related death really is. People can only speculate about what makes an individual take drugs. The only thing we can be certain about is that it doesn't do anyone any good."

*How will Kurt cope without Natasha? Will Rob and Dermot get their just desserts? Catch the concluding part of the Hollyoaks drugs horror on Monday 18 March at 6.30 pm.*

Seated for an Es and whizz chat



# Ecstasy and the agony

## Ten E myths and why they don't make sense...

Barely a week seems to go by without further revelations about the evils of Ecstasy. But inconsistent newspaper reporting makes it difficult to know drugs facts from tabloid fiction. **J17** fills in some of these grey areas...

### Ecstasy myth one:

**When you buy an E, you're buying pure Ecstasy.**

**The real deal:** In theory, pure Ecstasy consists of a chemical called MDMA. However, recent research has proved that Ecstasy tabs sold in clubs contain little or none of the chemical. Instead, traces of anything from paracetamol to dog wormer have been discovered in Ecstasy tablets.

### Ecstasy myth two:

**Loads of people take Ecstasy so it must be alright.**

**The real deal:** Though relatively few E deaths have been reported, little is known about the long-term effects of the drug. A cheap laugh while you're young could prove costly when you're older.

### Ecstasy myth three:

**Only contaminated Ecstasy is harmful.**

**The real deal:** Poisoning yourself with the impurities in contaminated Ecstasy is one danger. But users of pure E are also placing themselves at risk to other complications like allergic reactions, over-heating, kidney and liver damage and dehydration, all of which could have fatal consequences.

### Ecstasy myth four:

**You can counteract the effects of E by drinking water.**

**The real deal:** Drinking water isn't an antidote to the effects of E, but to the effects of over-exertion through, say, dancing. E users in clubs tend to dance longer and are therefore at greater risk from dehydration and overheating. Health experts recommend that E users exerting themselves in this way should drink no more than a pint of water an hour and this should be sipped. It's also advisable to drink orange juice, fizzy drinks or eat crisps because these types of food will replace salt lost through sweat.

### Ecstasy myth five: Leah Betts' was the first E death.

**The real deal:** Whilst Leah Betts' death received high-profile media attention, there have been a number of other Ecstasy-related deaths reported since 1990.

### Ecstasy myth six:

**Taking E makes you happy.**

**The real deal:** While taking quantities of MDMA may give the user a sense of well-being or euphoria, today's Ecstasy tabs are more likely to contain a quantity of amphetamine that may make users feel anxious, paranoid or panicky.

### Ecstasy myth seven:

**Ecstasy is non-addictive.**

**The real deal:** Although MDMA is physically non-addictive, Ecstasy users may become psychologically dependent on it. For example, they might not be up for going out without an artificial high to make them feel more socially confident.

### Ecstasy myth eight:

**E has no immediate aftereffects.**

**The real deal:** Though little research has been carried out into the short- or long-term effects of the drug, frequent users are prone to lethargy and depression after coming down from the drug.

### Ecstasy myth nine:

**Sex is better after an E.**

**The real deal:** Some users feel less inhibited while on an E – but is this such a good thing? Is it wise to have a sexual encounter without being fully in control? Important things like contraception may well be forgotten.

### Ecstasy myth ten:

**If you've taken an E before, you'll be OK if you take one again.**

**The real deal:** E contains any combination of impurities and unidentified chemicals and no two Es are the same. Your reaction to the drug could vary from tab to tab, so taking the drug regularly is like playing one long game of Russian Roulette.

At the end of the day, it's important to remember that nobody really knows what the long-term effects of Ecstasy are. Before you try it, ask yourself, is it really worth it?

# Superwuss

Are vamps the ultimate in cool or do wusses rule the scene?

Some girls are born to be bad. They dye their hair grossly 'cause they like it like that, they snog boys they know they shouldn't and they wear clothes designed to give them pneumonia. But some girls grow up good. Their hair obeys their commands, they have one devoted boyfriend for life and their skirts are always two inches above the knee. Who's got it right?



Anthea Turner

**Girl type:** second cousin to a fairy godmother.

**On a wuss tip:** very fond of gross, mumsy pastel suits. Asks celebs unbelievably stupid questions on GMTV. Did the same on the National Lottery programme. Does all the above with a constant girlish giggle.

**On a vamp tip:** posed topless for swank society mag, *Tatler*, 'cept she had

her back to the camera and was wearing a naff pair of tailored trousers and a Princess Di hairdo. Nice try, Anthea!

**Personal philosophy:** "I expect criticism because you can't please everyone all the time. But I get a lot of letters of support." Hurl, hurl.

**Chances of changing:** nil. Despite Anthea's new sexy look, as modelled in *Tatler*, she can't pull her fluffy jumpers over our eyes.

Emma Forbes

**Girl type:**

thirtysomething form prefect.

**On a wuss tip:**

Emma's also fond of vomit-inducing pastel suits (hmm, there seems to be some sort of a theme emerging here). And she treats all her *Live And Kicking* guests like naughty

first-formers hauled up in front of the head girl.

**On a vamp tip:**

talking about, gosh, sex on *Speakeasy*. Plus, she's been known to wear a mid thigh-length skirt sometimes.

**Personal philosophy:** "I'm like the family dog. I'm faithful to the end." Pass the sick bag!

**Chances of**

**changing:** not on your nelly.



Helena Christensen

**Girl type:** last year's model.

**On a wuss tip:** let Paula Yates steal her boyfriend (rock saddy Michael Hutchence) without putting up a fight. Showing how dumb she was when Dennis Pennis stitched her up on *The Sunday Show*, by telling her a joke about

supermodels being dumb - which she, erm, didn't get.

**On a vamp tip:** worn lots of revealing outfits on the catwalk and even done photo shoots where she's butt naked - the minx.

**Personal**

**philosophy:** "If you know about your body, if you live in it, you'll take more care of yourself, you'll protect yourself." Yeah, right.

**Chances of**

**changing:** beware the wussette in vamp's clothing. Or not, as the case may be.

Alicia Silverstone

**Girl type:**

cheerleader for life.

**On a wuss tip:**

Alicia is completely clueless when it comes to vamping it up. She still goes to ballet class and prides herself on being grown-up. For godsakes, Alicia, you're a teenager -

at least act like one.

**On a vamp tip:**

getting to snog Stephen Dorff in an Aerosmith vid.

**Personal**

**philosophy:** "When I'm doing love scenes I just phase myself out, I leave my body." Yeah, right.

**Chances of**

**changing:** hmm, possibly. Alicia's still got time to up her vamp quotient.



Zoë Ball

**Girl type:** wannabe bad girl.

**On a wuss tip:**

gets up early every morning. Presented kid's telly (very unvamp) and is the daughter of Johnny Ball ('70s science boffin who used to present stuff like *Think Of A Number*, which were educational progs thinly disguised as entertainment).

**On a vamp tip:**

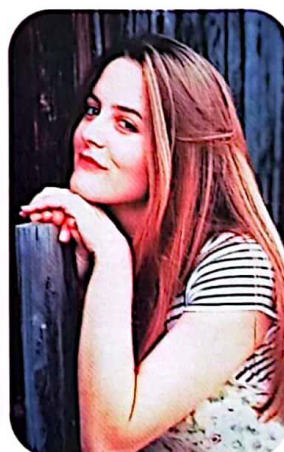
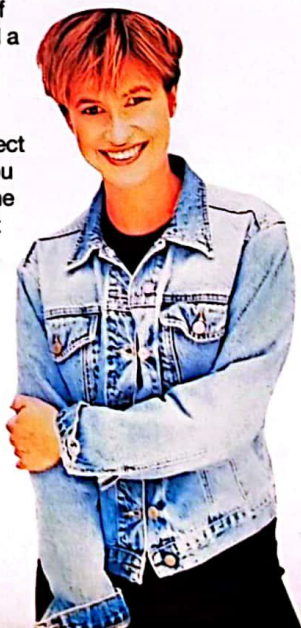
dated David Ryan from cool American band *The Lemonheads* (pity he was the drummer). Once said a rude word on *Fully Booked*. Talks about sex quite a bit.

**Personal**

**philosophy:** "There's something very attractive about musicians, but at the same time, you know it isn't going to go anywhere." That's not really the point, Zoë.

**Chances of**

**changing:** our Zoë's standing at the crossroads.



# Supervamp?

cool? Check our sliding scale and decide for yourself...

Justine Frischmann

**Girl type:** big boots and a supersneer.  
**On a wuss tip:** has a mega-rich architect dad. Talks in a posh voice. Has had the same boyfriend, who just happens to be Damon Albarn, for aeons.  
**On a vamp tip:** never wears a bra on stage, writes songs about Vaseline and doing it on car bonnets. Mutters things about wanting to do a nude photo shoot.  
**Personal philosophy:** "I often think I was born under a lucky star." It's alright for some.  
**Chances of changing:** Justine talks it better than she walks it. After another couple of years of a rock 'n' roll lifestyle, her and Damo will pack it all in and go and live in a house, a very big house, in the countreeeee.



Danniella Westbrook

**Girl type:** East End girl made bad.  
**On a wuss tip:** she's been known to wear pastels.  
**On a vamp tip:** Had a rocky relationship with Brian Harvey, while she had a serious drugs problem. Got into trouble with *EastEnders* bosses for turning up late and not being able to remember her lines. Very fond of cheesy nightclubs and wears skirts so short they could pass as belts.  
**Personal philosophy:** "There's more to life than just parties." But not much more, hey, Danni?  
**Chances of changing:** as if! Despite Danniella's claims to be a born-again wuss, the lady is definitely a vamp.

Katie Puckrik

**Girl type:** kooky cutie.  
**On a wuss tip:** pretending to be a great big girly on the *Pyjama Party*. Pretending to be a great bit girly on *The Word*. Pretending to be a great big girly on *The Sunday Show*.  
**On a vamp tip:** working that trashy, girly look. Getting down in a hot and sweaty manner at every celeb gathering in town. Talking about sex – all the blimmin' time.  
**Personal philosophy:** "Life's one big shopping mall."  
**Way to go, Puckster!**  
**Chances of changing:** our Katie's the sweet and acceptable face of vampdom and she's gonna stay that way.

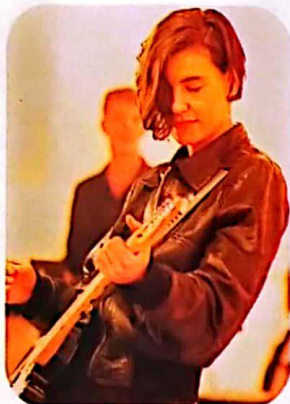


Drew Barrymore

**Girl type:** attitude queen.  
**On a wuss tip:** called her production company Flower Films. Takes close-up Polaroids of daisies.  
**On a vamp tip:** Was the original wild child in her teens, then cleaned up and made a career comeback. Went out with Eric from grungesters Hole, and has been known to show her bosoms to anyone who happens to be passing.  
**Personal philosophy:** "If you repeatedly make mistakes and don't learn from them, then that's a rocky path." Yep, Drew's a survivor!  
**Chances of changing:** Drew combines vampishness with a natural sweetie-pieness and she's certainly here to stay.

Courtney Love

**Girl type:** bitch goddess.  
**On a wuss tip:** darned if we know.  
**On a vamp tip:** flashes her knickers at every available opportunity – that's if she remembers to put any on. Has the same attitude to make-up as your little brother has to finger paint. Posts garbled Internet messages slagging off Pearl Jam and Oasis. Swears a lot. Stage-dives. We could go on, but you get the picture.  
**Personal philosophy:** "I found my inner bitch and ran with her." Uh, right.  
**Chances of changing:** About as likely as the Queen Mother changing her name to Kylie.



Vampira: Sarra Photos: All Action/Alpha/Retna



### Simon

★ Prodigy T-shirt **£12** from **Big Tours** (tel: 0181-540 8211 for enquiries) ★ Dog Eat Dog Jacket **£39.99** by **Blue Grape** (tel: 0171-488 4288 for enquiries) ★ Denim shorts **£35** by **Mickey Brazil** (tel: 0171-256 0880 for enquiries) ★ Trainers **£62** by Vans from **Office**, 57 Neal Street, London WC2 (tel: 0181-838 4447 for enquiries) ★ Socks model's own

### Tasmin

★ PJ & Duncan T-shirt **£12** from **Big Tours** (as before) ★ Denim shorts **£35** by **Mickey Brazil** (as before) ★ Leather thong **50p** per metre from **The Bead Shop** (tel: 0171-240 0931 for enquiries) ★ Socks **£2.50** from **Sock Shop** (tel: 01276 63000)

# hakermakers

### Louise

★ Oasis T-shirt £11.99 by Underworld (tel: 0171-488 4288 for enquiries) ★ Silver skirt £27 from Benetton (tel: 0171-731 4564 for enquiries) ★ Socks £2.50 from Sock Shop (as before) ★ Shoes £49.99 from Ravel (tel: 0171-631 0224 for enquiries)

### Tasmin

★ Blur T-shirt £12.99 from Niceman (tel: 0171-973 8585 for enquiries) ★ Pink trousers £32.99 by John Zack at Top Shop (tel: 0171-580 9512) ★ Hair grips £3.99 by Adrian Mann (tel: 0171-284 0467 for enquiries) ★ Leather thong from The Bead Shop (as before) ★ Socks £2.50 from Sock Shop (as before) ★ Sandals £34.99 from Shellys (tel: 0181-450 0066 for enquiries)



# Top swag for pop tarts...

**Tasmin**

★ Menswear T-shirt £11.99 from  
**Underworld** (as before) ★ Khaki  
skirt £34.99 from **Warehouse**  
(tel: 0171-278 3491) ★ Leather  
thong from **The Bead Shop**  
(as before)

**Simon**

★ Dog Eat Dog shorts £22.99  
and Dog Eat Dog hooded  
sweatshirt £36.99 both by  
**Blue Grape** (as before)



hakermakers

## Louise

★ Supergrass T-shirt £12 from **Metro Merchandising** (tel: 01536 763100 for enquiries) ★ Sleeves £2.99 made from tights cut in half from **Jonathan Aston** (tel: 01162 862388 for enquiries)

## Tasmin

★ Lightning Seeds T-shirt £11.99 by **Underworld** (as before) ★ Sleeves (as before) ★ Corduroy jeans £29.99 by **Lee** from major department stores ★ Hair grips £3.99 by **Adrian Mann** (as before) ★ East 17 mug £5 from **Big Tours** (as before)

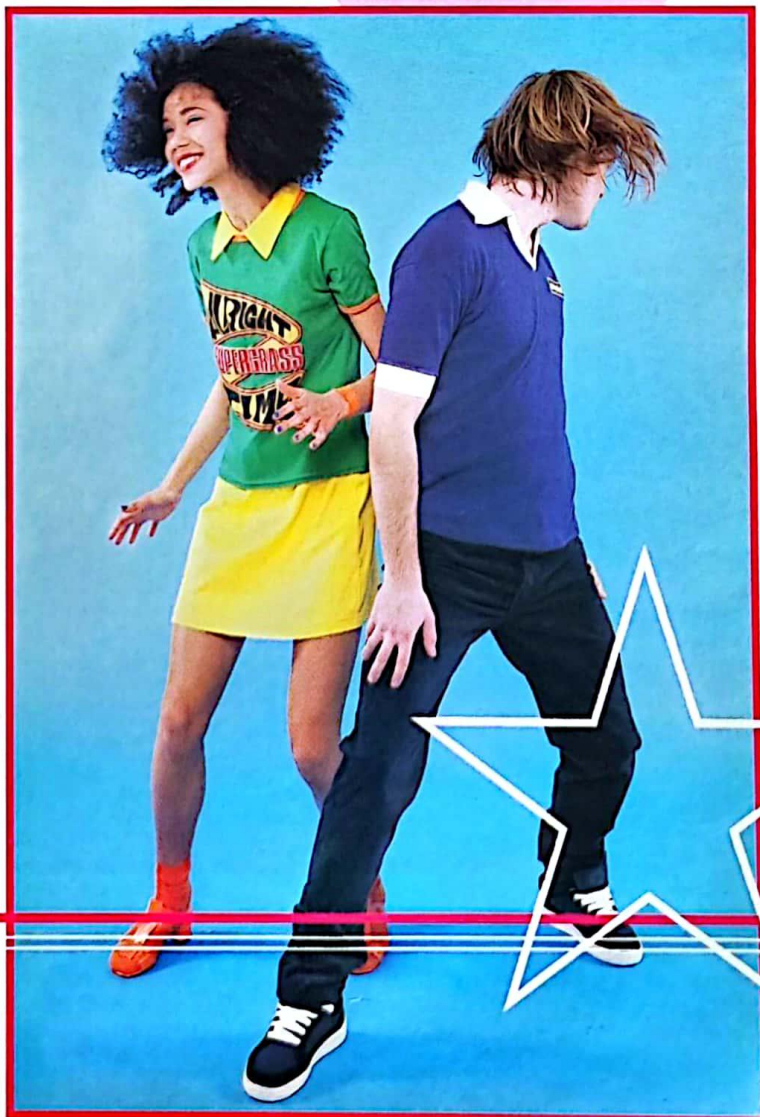


## Tasmin

★ Supergrass T-shirt £12 from **Metro Merchandising** (as before) ★ Yellow dress £28 by **Simymode** (tel: 0171-636 5820 for enquiries) ★ Leather thong from **The Bead Shop** (as before) ★ Socks £2.50 from **Sock Shop** (as before) ★ Orange mules style no: ND61241 £29.99 from **Freemans** catalogue (tel: 0800 900200 for enquiries)

## Simon

★ Oasis T-shirt £16 from **Underworld** (as before) ★ Corduroy jeans £45 by **Go** (tel: 01629 815009) ★ Trainers £62 by **Vans** from **Office** (as before)





### Tasmin

★ Radiohead T-shirt **£11.99**  
by **Underworld** (as before) ★  
Sleeves **£2.99** (as before) ★ Skirt  
**£50** by **Pure** (tel: 01223 414037  
for enquiries) ★ Hair grips **£3.99**  
by **Adrian Mann** (as before) ★  
Leather thong from **The Bead  
Shop** (as before)

### Simon

★ Northern Uproar T-shirt **£16**  
from **Big Tours** (as before) ★  
Corduroy jeans **£45** by **Go**  
(as before) ★ Sunglasses from  
a selection by **I2I** (tel: 0171-924  
4334 for enquiries)

### Louise

★ Menswear T-shirt **£11.99** from  
**Underworld** (as before) ★  
Sleeves (as before) ★ Skirt **£30**  
by **Trigger Happy** (tel: 01604  
790436 for enquiries) ★ Ring  
**£6.95** from **Heavy Metal**  
(tel: 0171-833 3004 for enquiries)  
★ Socks **£2.50** from **Sock Shop**  
(as before)

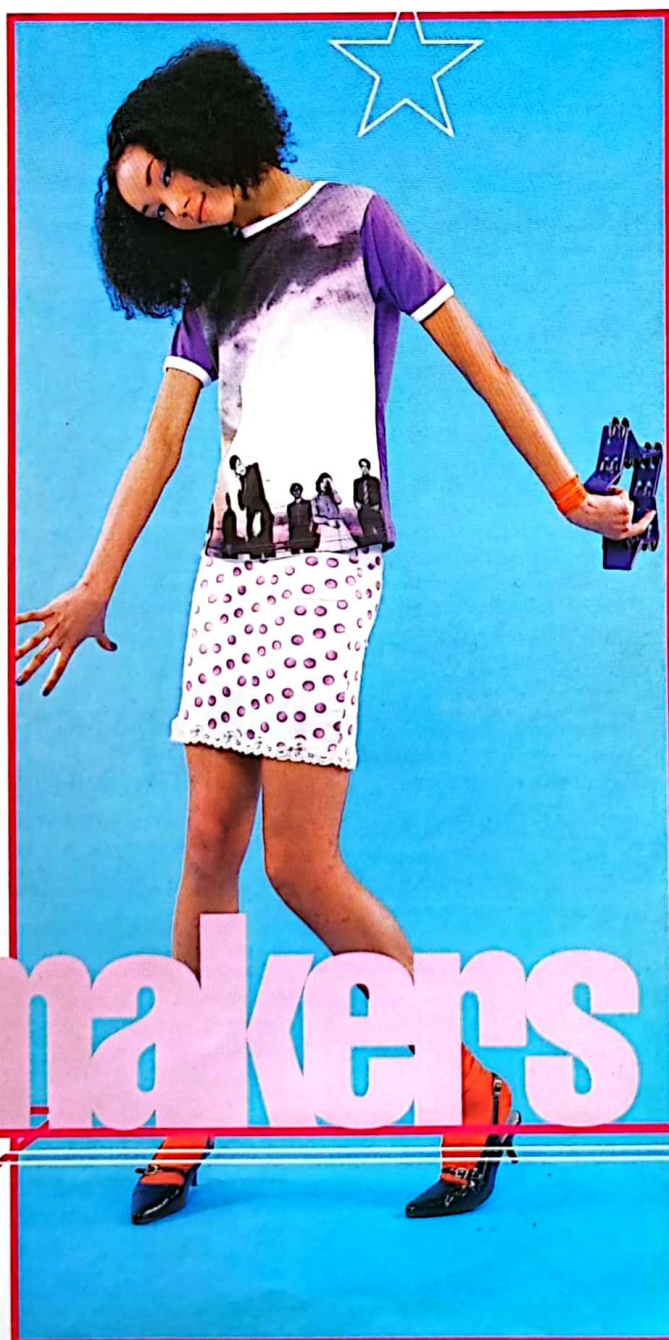


### Louise

★ Sleeper T-shirt £10 from **Big Tours** (as before) ★ **Levi's 501** jeans for women approx **£53.99** from **The Original Levi Stores** (tel: 0500 454094 for enquiries) ★ Rope belt **68p** per metre from **Arthur Beale**, 194 Shaftesbury Ave, London WC2 (tel: 0171-836 9034 for enquiries)

### Simon

★ Cast T-shirt £11.99 from **Underworld** (as before) ★ Boot Cut **Levi's 607** jeans approx **£49.99** from **The Original Levi Stores** (as before) ★ Sunglasses from a selection from **Burro** (tel: 171-240 5120 for enquiries)



### Tasmin

★ Pulp T-shirt £11.99 by **Underworld** (as before) ★ Dress £25 from **Knickerbox** (tel: 0171-284 1744 for enquiries) ★ Leather thong from **The Bead Shop** (as before) ★ Socks from **Sock Shop** (as before) ★ Shoes £49.99 from **Ravel** (as before)

★ Fashion: **Joy Wilson**  
★ Photos: **Craig Fordham**  
★ Hair and Make-up: **Carolyn Travaglia** at **Carol Hayes**

# Shakermakers

# Fashion

| by Lucy

## What you should know

Fan-tastic fashions for star-studded passions as we access all areas...

# VIP

(Very Important Pants)

If throwing your knickers at Jarvis is your brief, be sure you don't get 'em in a twist 'cause these are the trendiest undies in town. Rather comfy and particularly cool, these official Pulp pants (personally approved by Mr Cocker) are £5 from Underworld, available on El Jarv's tour (tel: 0171-488 4288 for enquiries).



Photos: All Action

## Shady characters



E17's Terry goes for the, er, sullen look.



Mr C in his fave '70s shades



Our Gaz is all blacked out

Come rain or shine, no self-respecting pop person would be seen out without their sunnies. If you wanna be noticed, wear clear frames with coloured and

mirrored lenses, chunky black frames and bright plastic Jackie O styles.

**For cool shades**, try Bolle (tel: 0181-770 1766 for enquiries) and Global Eyeware (tel: 0181-965 5768).

## We support you...

Keep your eyes peeled for your fave band T-shirts and wear over long-sleeved tees. Add hipsters or low-slung skirts for that after-show-party look.

**Eternal T-shirt £18** from Underworld available on tour (tel: 0171-488 4288 for enquiries).

**Babylon Zoo tee** approx **£15.99** from Niceman (tel: 0171-973 8585 for enquiries).

Other band goodies available from Virgin Megastores and all other good record stores (tel: 0171-631 1234).



These celeb accessories might not get you backstage, but why not pose round in them anyway?

Silver **PJ & Duncan** necklace **£5** and **PJ & Duncan**

## "I'm with the band!"

**laminate and whistle £3** all from **Big Tours** available on tour from 27 Feb to 24 March (tel: 0181-540 8211 for enquiries).

**L7 beanie hat £7.99** (tel: 0181-540 5545 for enquiries).

**"I know Courtney Love usually looks a right old state, but I'd like to wear some of her stuff!"**

Mercedes Chanel de Graaf, 17



**"All of Take That dress brilliantly and I love 'em all. And just 'cause they've split up, it's not going to stop me wearing stuff with them on it!"**

Vicki Sutherland, 14

**"Eternal always look really elegant."**

They wear loads of PVC, which is brilliant for going clubbing in."

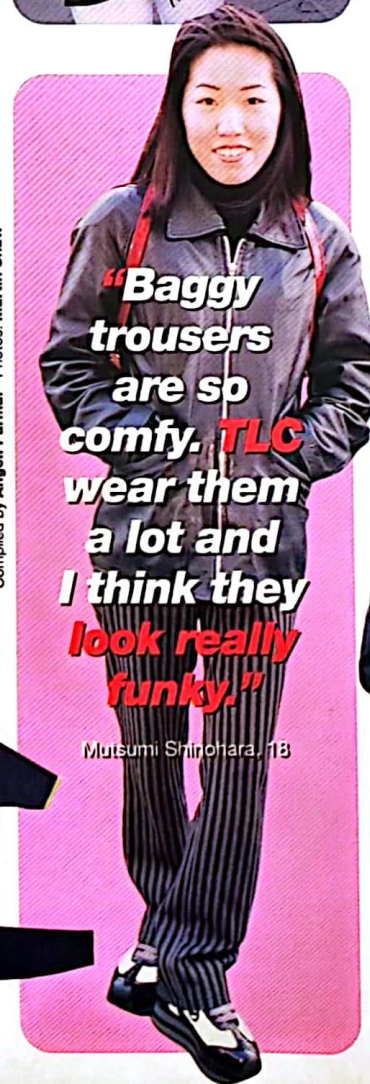
Sarah Hitching, 15



**"Baggy trousers are so comfy. TLC wear them a lot and I think they look really funky."**

Mutsumi Shirohara, 18

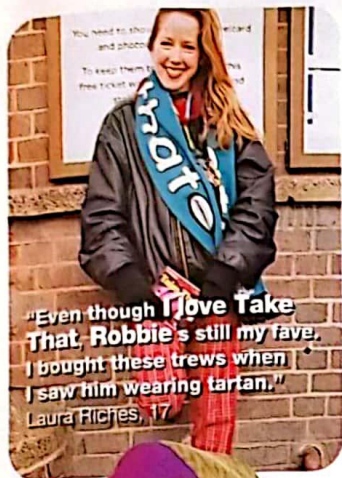
Compiled by Angell Parmar Photos: Martin Shaw



**"This top makes me look a bit space age. It's quite Babylon Zoo, isn't it? I like TLC too - they wear groovy stuff!"**

Joaline Akong, 15

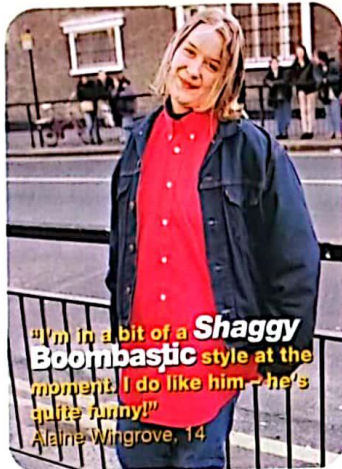




"Even though I love Take That, Robbie's still my fave. I bought these trews when I saw him wearing tartan."  
Laura Riches, 17



"Oasis have a real presence because they're so arrogant. They look excellent even in jeans and a shirt."  
Jo Freeman, 17 and sister Jane, 15



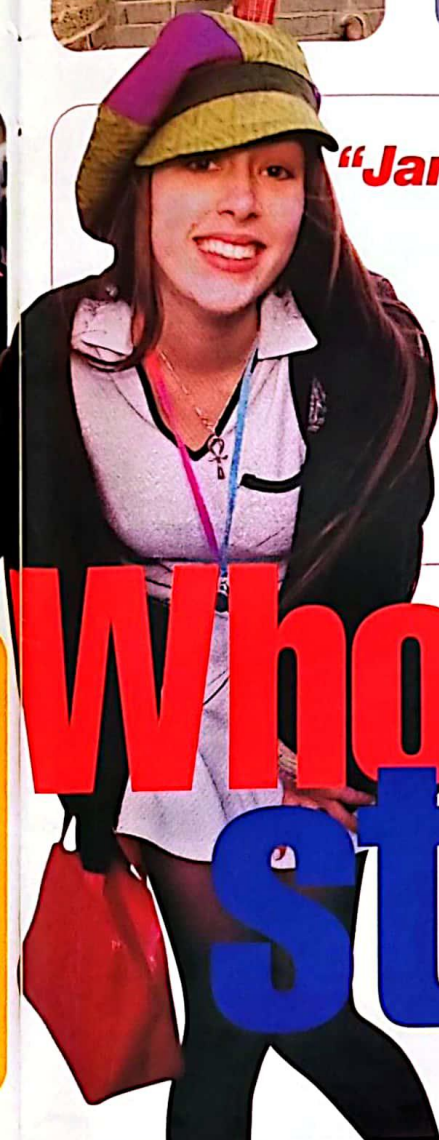
"I'm in a bit of a Shaggy Boombastic style at the moment. I do like him - he's quite funny!"  
Alaine Wingrove, 14

## Fashion Spy

"Jason Orange is the most stylish man ever to walk the planet."

I'm wearing this orange shirt to show my love for him."

Ruth Walton, 17



**"Jarvis forever!"**

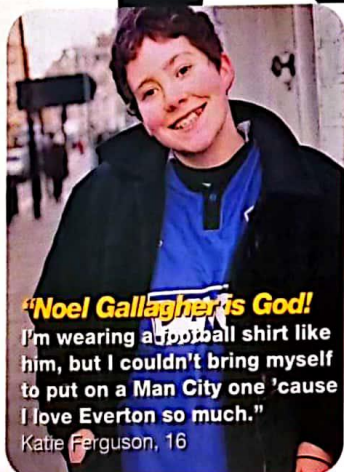
He wears the weirdest stuff, but he looks so cool and doesn't care what other people think. I like the way he mixes mad colours which don't go together, like my hat."  
Nicola Miller, 14

**J17 shivered outside the Brit awards to find out who's top of your fashion pops...**

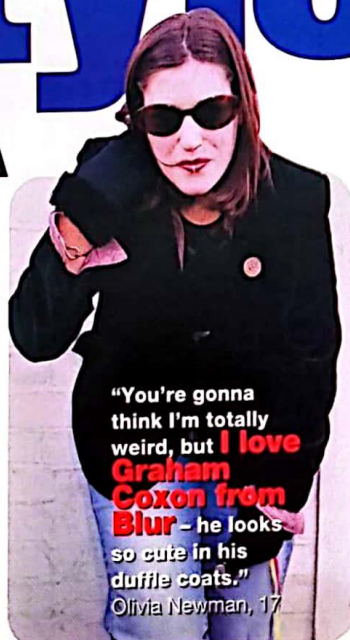


"I wear lots of black but with a bit of colour so I don't look too morbid. Menswear know how to wear black, and their suits are cool."  
Katie Alice Fitzgerald, 14

# Who's your pop style guru?



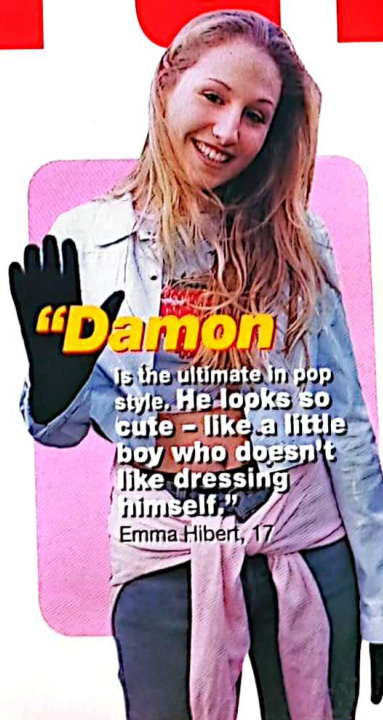
**"Noel Gallagher is God!"**  
I'm wearing a football shirt like him, but I couldn't bring myself to put on a Man City one 'cause I love Everton so much."  
Katie Ferguson, 16



"You're gonna think I'm totally weird, but I love Grahm Coxon from Blur - he looks so cute in his duffle coats."  
Olivia Newman, 17



"I love Radiohead. They don't try too hard to be trendy, but still end up looking stylish."  
Janna Leach, 15



**"Damon"**

is the ultimate in pop style. He looks so cute - like a little boy who doesn't like dressing himself."  
Emma Hilbert, 17

# Spring



Stacy Persimmon Hair and make-up: Georgie Eya Clothes from Marks & Spencer and Knickerbox

# clean

Beauty

## In at the deep end

In just 25 minutes, you can take a short cut to better skin by indulging in a deep cleansing facial.

### What you need:

**Cleanser**  
**Cotton wool pads**  
**Exfoliator**  
**A basin or large bowl**  
**Kettle of boiling water**  
**Towel**  
**Lavender essential oil**  
**Face mask**  
**Cucumber slices**  
**Toner**  
**Moisturiser**

- Start by removing make-up and grime from your skin with your usual cleanser.
- Next, polish off dead skin cells with an exfoliator like **Aapri Scrub £3.29**. Apply with fingertips to warm, damp skin, avoiding the delicate skin around the eyes and softly massage into your face for a few minutes for maximum effect. Rinse off by splashing with warm water.
- Steaming your face is a brilliant way to open up the pores and remove the icky grime that makes skin dull and spotty.

Slowly fill a basin or large bowl with boiling water from the kettle. Add five drops of Lavender Essential Oil, **£4.75 from Neal's Yard Remedies**. Taking care not to burn yourself with the steam, pull up a chair and lean over the steaming water, draping a towel over your head and over the bowl to keep in the heat and moisture. Relax for ten minutes.

- Now your pores are open and ready for deep cleansing. Massage a cleanser like **17 Daily Cleansing Lotion £2.19** into your skin and remove with cotton wool, then repeat. Splash with warm water.

- Nothing perks up sad skin like a face mask. **Christy Balm Mint Clarifying Mask 95p** draws out impurities like nobody's business (also check out our other fave masks, right). Smooth onto warm, damp skin and lie down for a rest with a slice of cucumber over each eye to refresh your peepers. Blimey, hard work, this beauty business, isn't it?

- Wipe off the mask with damp cotton wool and remove any last traces of dirt by sweeping a toner, such as **Almay Moisture Balance Toner £6.50**, all over your face and neck. Splash your face with cold water to close pores and gently rub in a rich, creamy moisturiser.

It's time to dust away winter cobwebs and come clean with our guide to fresher, brighter skin...



Smooth away dry-skin days

## The right stuff

Check out our top five face masks for every eventuality.

- 1 When you're clean out of cash, **raid the kitchen** for a cleansing mask. In a bowl, mash six raspberries with a wooden spoon and drain off the juice. Mix in one teaspoon of natural yoghurt and one teaspoon of oatmeal and stir together to make a smooth paste. Apply to your face, leave for 20 minutes and rinse off.
- 2 For a magical experience (and smooth skin too) you can't beat **No 7 Enriching Sauna Mask £7.95**. Applied to damp skin with dry hands, it heats up on contact with moisture, drawing out all the impurities from your pores and leaving you all glowy.
- 3 For the latest hi-tech beauty, go for **Boots Botanics Hydrating Mask £2.99** which contains the current beauty wonder-ingredient, fruit acids. Loaded with moisture, this is perfect nourishment for normal or dry skin.
- 4 For perfect skin on the double, try an exfoliator and mask combo. Our fave is **No 7 Dual Action Exfoliating Mask £4.15**, with gentle polishing

beads and peach kernel extract to cleanse and stimulate your skin.

5 For a sweet-smelling treat, try **Lush Singin' Hinny £4.25** cleansing mask for face and back. With a range of cool and tasty ingredients (including mung beans and dark chocolate cocoa butter) this smells fab and suits all but the most sensitive skins. Call 01202 668 545 for stockists and mail order info.

## Daily news

Now you've revived your skin, keep up the good work and nip problems in the bud by making sure your daily cleansing plan is up to scratch.

## Dry skin

**Twice a day:** mild cleansing lotion is your best choice. Massage in with your fingers and remove with cotton wool. Follow with moisturiser.  
**Once a day:** replenish dry skin with **The Body Shop Rich**

Night Cream with Vitamin E **£2.75**.

**Once a week:** nourish skin by smoothing Almond Oil **£3.40** from **Neal's Yard Remedies** over your face and leave on for five minutes. Take off by soaking a flannel in hot water and wiping over your face.

## Combination skin

**Twice a day:** a gentle foaming face wash will cleanse your skin without stripping it of natural oils. Follow up with a moisturiser specially designed for combination skin, such as **Vichy Adaptive £8.95**.  
**Once a day:** if your skin starts to break out in pesky spots, zap them overnight with **Neutrogena Invisible Treatment Stick £3.99**.

**Once a week:** exfoliating skin once a week will keep it in good shape.

## Oily skin

**Twice a day:** morning and night, cleanse with an anti-bacterial facial wash, such as **Rimmel Active Facial Wash £2.99**. Finish with several splashes of cold water to close pores. Then dab a spot treatment, such as **Tesco Medicated Cream £1.99**, on any emerging zits.  
**Once a day:** use a lightly medicated moisturiser, such as **Johnson & Johnson Skin Balancing Moisturiser £3.29** to keep skin supple and elastic without blocking pores.  
**Once a week:** a deep cleansing face mask will help keep skin clear. Try **Freeman Botanical Blackberry and Tangerine Mud Masque £3.49**.



## Hot shot or big spot?

Is your skin-care routine worth the time you spend on it? You need results without hassle, so before you lock yourself in the bathroom for several hours, check out our tips for busy babes:

## Hot

- Splashing your face with cold water after cleansing.
- Removing every last molecule of make-up at night.
- Zapping zits with anti-spot lotion.
- Cleansing the nose area thoroughly to avoid an outbreak of spots.

## Not

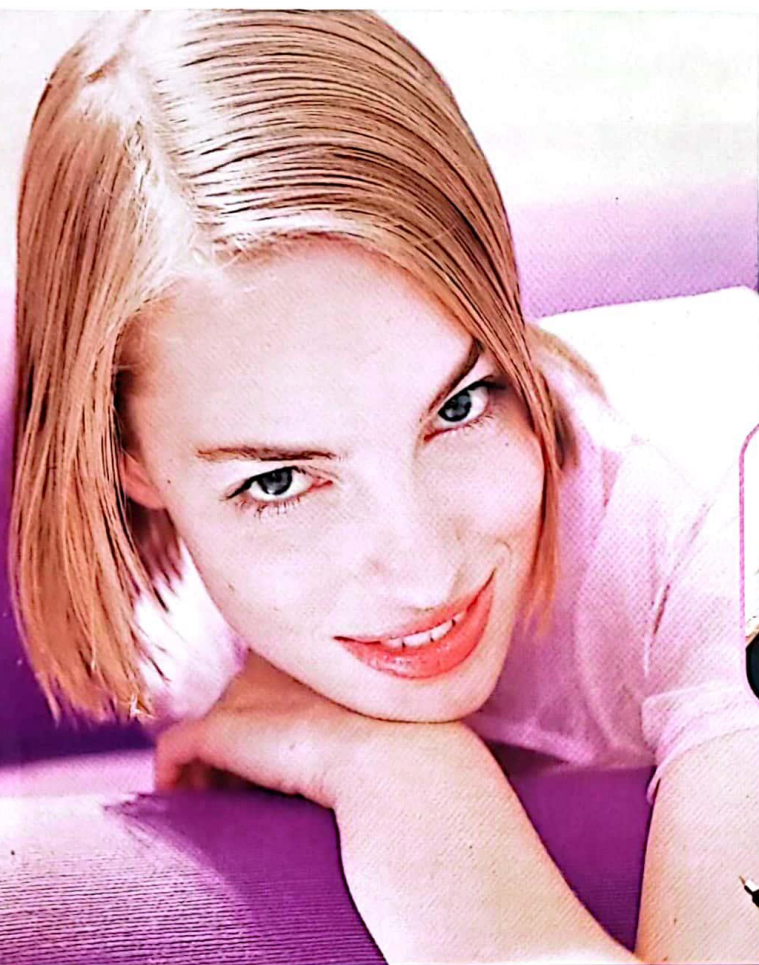
- Splashing out on expensive toners.
- Wiping the mascara from under your eyes in the morning – tsk!
- Squeezing spots.
- Moisturising the nose area – it's an unusual nose that needs extra oil.

by Jessie

# Beauty

## What you should know

Be a fresh-faced beauty, sidestep make-up disasters and learn sultry-eyed secrets...



### Mum's the word



If your mum's been dropping hints about breakfast in bed recently, it's 'cause this Sunday's Mother's Day. Forgot, didn't you? Well, save your bacon with a prezzy that won't break the bank. This swank-looking gift bag from **Boots Natural Collection** is packed with Sunflower Bath Essence, Lemon and Lime Body Wash and sweet-smelling soap – and it's a bargain at just **£4**.

### Our favourite's favourite

Spies in Celebland have been a-rummaging through **Uma Thurman's** make-up bag on the set of her latest film, the aptly-titled *Beautiful Girls*.



It seems Uma bypasses eyeliner and uses just a smudge of posh **Stila** Eyeshadow 'Toffee' to emphasise her peepers. Be a Hollywood copycat with **Colourings** Eyeshadow 'Nutmeg' at a mere **£2.85**.

## Beauty Q&A

### Perfume panic

**Q** I've got three different bottles of perfume on the go at the moment, and I keep them on the windowsill 'cause they look really pretty – but my mum says they'll 'go off'. What's she on about?

**Sorrel, Liverpool**

**A** Annoyingly, your mum's right. To keep the fragrance true, you should store your scent out of direct sunlight (in the box is ideal) and put the bottle on its side so the liquid stops any air getting in around the neck. Otherwise, pricey scents can go off in a few months. Eek!

### Lash out

**Q** Is there any way I can make my eyelashes look more luscious? They're really fine and look pretty feeble, so I'd like them to have a bit more oomph. I've tried a second layer of mascara, but this only makes them go all gooey and stick together.

**Anna, Warwick**

**A** For better-looking lashes, simply follow these little tricks of the trade:

- Firstly, always curl them with an eyelash curler by squeezing for a few seconds. This makes lashes look longer.
- Then, line upper lashes with dark eyeliner – this will make them look thicker than they are.
- Lastly, apply two coats of mazy. I expect the reason this hasn't worked for you in the past was that the first coat wasn't dry before you applied the second.

**Got a beauty dilemma to test us with? Send it to Jessie, c/o 'Beauty What You Should Know', Just 17, 20 Orange Street, London WC2H 7ED.**

## Wake up your looks

Stuck in a beauty rut? Take a look at these alternatives to your usual routine.

Instead of	Wearing your hair down every day.	Sticking with the same natural-look make-up.	Looking the same, day and night.
<b>Try</b>	A new way of doing the 'do. It doesn't have to be fancy – the ponytail is a perennial fave for easy-going cool and <i>de rigueur</i> for supermodels on their days off. It takes about two seconds to do, looks cool and covers a multitude of sins in the no-time-to-shampoo department.	Adding a touch of colour – it looks fresher than beige and brown shades, and is dead flattering when you do it right. On pale skin, light-pink eyeshadow on the upper lids makes eyes sparkle, while darker skins go sultry with a thin line of olive or forest green eyeshadow. Go on, surprise yourself.	Doing the Christy Turlington for nights on the town (New York, of course) and donning a fake mole. Go for the Cindy beauty spot by the mouth or be an old-fashioned glamour puss with a mole next to the corner of one eye. Use black eyeliner over a dab of concealer and it'll last longer.
<b>All you need</b>	No styling prods, just a ponytail band. Coloured, covered bands are kinder to your hair than elastic, and so much more now than scrunchies.	We love <b>17</b> Shadow Matt Eyeshadow 'Pink Suede' <b>£1.59</b> and <b>17</b> Soft Kohl Liner 'Soft Olive' <b>£1.65</b> .	A trusty black eyeliner pencil – every girl's make-up bag must-have.



## Trouble shooters

**When a make-up mistake threatens to ruin your carefully-slapped-on slap, avoid disaster with these cunning tricks:**

- ★ You're just finishing your eye make-up when a less-than-steady hand splodges mascara onto your cheek. Don't panic – just dip a cotton bud in foundation and roll over the offending mark. It'll disappear in a jiffy.
- ★ In an attempt to create thick lashes, you've ended up with large clumps. Gently blot by holding a tissue just underneath your eye on your cheek, and close your eyes. Leave to dry and separate tangles with a lash comb.
- ★ You thought long-lasting lippy was a good plan – but now you've got it on, it's too bright and it won't come off. Try adding a dab of Vaseline, then rubbing with a tissue to remove some of the colour. If it's still too bright, a teensy bit of eye make-up remover is all you need to clean up.



if you think it's just another

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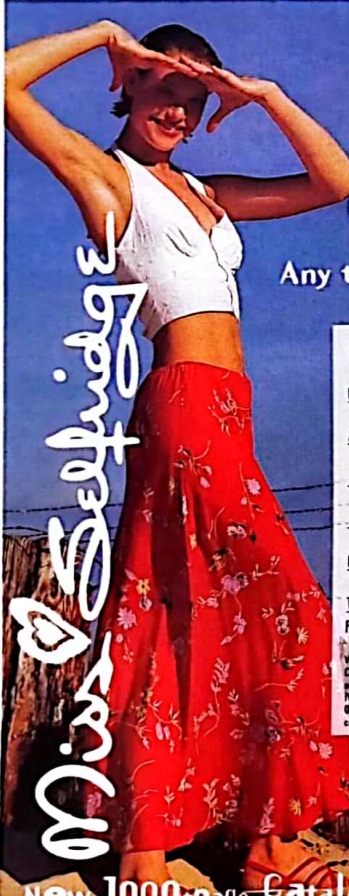
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# Can you pull in

Speed queen **Maria** dons her lippy and goes in search of the fastest places to nab a lad.

## The place



## After 10 minutes



## After 20 minutes

### Tower Records

A groovy hang-out for musical types.

**On the lookout for:** A Damon clone, a Robbie replica or any other pouting sex god.



Could this be fate? I spy a happy-go-lucky lad and we both reach for the same Babylon Zoo CD. Is he my ideal spaceman or just plain spaced out? Either way, I decide to impress him with endless tales of showbiz schmoozing.

Five minutes later he's still staring at me blankly and I realise we aren't on the same wavelength. The final straw's when he tells me in broken English that he's from Finland and hasn't understood a word I've said!



"Your side of the counter or mine?"

### Bar Italia

A cool eaterie open 24 hours a day and a bit of a celeb favourite.

**On the lookout for:** Brad Pitt, Johnny Depp and other gorgeous celeb types who hang out here for coffee after a night's bopping.



It actually takes less than ten minutes to pull an unsuspecting bloke, with a classic, "Is that Gold Blend you're drinking?" line. He takes pity on me for such a cheesy chat-up and it seems I'm onto a winner. The sweetie has an Irish accent to die for and a cute smile you could look at all day.

But to my horror, his girlfriend appears – she'd been in the loos. Typical – just as I was going to ask him back to mine for coffee!



"Hmm, what lovely coffee"

### Wonderpark Arcade

A loud, flashing, game-playing place brimming with boys who just wanna have fun.

**On the lookout for:** Cheeky chappies with money to burn (and square eyes).



I'm getting nowhere fast. The boys are far more interested in their games than me. Even when I try to distract

them with my leopard-skin attire, they don't dare to look away from their screens. Pah – boys and their toys!

I reckon the only way to grab these lads' attention is to a) turn into the latest arcade amusement or b) play them at their own game. Seeing as I wasn't built like an arcade machine, I opt for the latter.

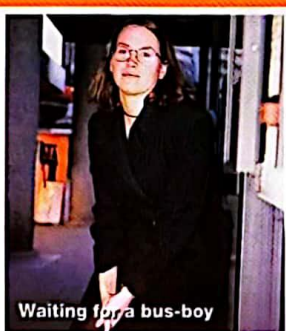


I spot an American guy playing a shooting game and sidle over. His name's Talal, he's from Arizona (yee-ha!) and I can't resist offering him a few tips. "Keep your elbow up, your arm straight and aim right between the eyes," I yell. (I knew all those Clint Eastwood films my dad made me watch would come in handy one day). He follows my advice to the letter... and loses. Badly. This is definitely not going to be a high-scoring relationship.

### A bus stop

A cold, traffic-polluted potential love nest. Hey, you never know.

**On the lookout for:** A tasty lad who's out to see the sights.



Waiting for a bus-boy

The icy blast blowing round my legs makes me realise today isn't the best occasion to wear a micro-mini. But I'm still waiting for a lad to leap off the bus and straight into my arms. As per usual, there's still no bus... or boy. I keep my spirits up by hoping two will come along at the same time (boys, that is).



"Ho hum"

# 30 minutes?

Pulling a boy is a bit like ordering a hamburger – you want something tasty and you want it now! So where should a girl go to guarantee a speedy delivery? Just 17's high-speed girl about town spends half an hour in a record shop, a caff, an arcade and a bus stop to find out...

## minutes



## After 30 minutes

## Verdict

I've spotted a Liam lookalike (well, if you squint a bit) standing behind the counter. I walk past a few times with my best come-up-and-see-me-sometime eyes and he asks if I need any help. Bingo! Trouble is, when I tell him we were meant to make sweet music together, he laughs heartily. And he only seems interested in talking to me when I offer to buy as many tapes as he can carry. Pah, he's obviously working on a commission-only basis.

I give up on the counter bloke and wait for another victim, er, lad. Finally, after much hunk-hunting, I settle for a guy who won't answer back, laugh in my face or tell me he doesn't understand. Unfortunately, he's a Robocop mannequin – nice muscles though!



# 4/10

Great if you want to buy music – but as a boy-pulling zone, I don't think so.

I decide to sit outside to cool off and soon I'm joined by a snifflesome bloke who asks if I have a hanky. I haven't, but I know a way to warm him up (with a cup of coffee, of course). We become engrossed in deep conversation until my eagle eyes spy a cutie walking into the bar with his friend. So after a swift goodbye, I sprint off quicker than Linford on hot coals.

Two can play this game



This is the life – in demand by two boys! To my right is a Latin swoonboat (eat your heart out Antonio Banderas!) speaking to me in husky Spanish tones, and to my left is his friend, Rob, trying to feed me cake. Second helpings? I'll say!

# 10/10

Hit your local caff now! It's the perfect place to grab something hot and tasty.



Wah-hey! After that superb spot of coaching I'm sure I have this arcade biz sussed. So I ask a group of lads if they have room for one more on their computer skittle team, seeing as I was once skittle champ of the Kent counties (well, what's a few white lies between complete strangers?).

A chorus of "Yeah, you can be on my team," "No, our team's better" erupts. Yes! Now, one at a time please gentlemen...



# 8/10

If you know your Sonic from your Streetfighter, you're on to a sure thing.

Yup, you guessed it, I'm still waiting. And not a single male specimen in sight. I consider lowering my standards to include the old bloke standing behind me who looks like he's frozen solid (either with the cold or the fear of me approaching him). I prod him to make sure he's still alive and get a few sentences of mild abuse in return. Oh dear.



I walk away in disgust only to glance back and see a bus arriving and a tall, tanned and handsome bloke hopping off. He starts looking at the timetable, so I run back up and pretend to study it too. I'm panting and my face must be as red as a baboon's bum, but I don't care. He's gorgeous. He turns round and asks, in an Aussie accent, if I know which bus goes to the town hall. Of course I do. In fact, I could even give him a guided tour.

# 9/10

Sometimes you catch that bus by the seat of your pants, sometimes you miss it. The same applies to boys – and this time I got lucky!



**Anita Naik**

Write to: Anita Naik, Annabel G or Nick Fisher, Advice, *Just 17*, 20 Orange Street, London WC2H 7ED

It would be helpful if you could include your age and the area you live in. Unfortunately *Just 17*'s advice columnists cannot answer your problems on the telephone. If you have an urgent problem, please contact ChildLine on 0800 1111 - we work very closely with them - or Careline on 0181-514 1177 (calls to Careline will be charged at the local rate and will appear on your phone bill).

## HE BOASTED ABOUT OUR SEX LIFE

A few weeks ago my boyfriend and I had sex for the first time. I was a virgin and it'd taken me a long time to decide to sleep with him. I finally agreed because he was so cool about it and didn't put any pressure on me. But when I got to school on Monday, the whole class knew about it. It turns out he'd boasted about it to his mates and they'd told everyone. I confronted him and he just dumped me on the spot in front of everyone. I now feel so humiliated and cheap. How could I have been such an idiot?

**Anon (16), Midlands**

Sadly, most of us end up dating creeps at one time or another. Happily, when you've done it once, you get better at learning how to avoid them in the future. The fact is, your ex is the one who should be feeling cheap, 'cause he's the one who behaved like a pig.

The only consolation I can give you is that boys who boast about sex are insecure - they do it to prove to their mates that they're manly. If they really were, of course, they wouldn't need to talk about it! Write him off as a bad experience and get your own back by being happy without him.

## SHE'S SO SQUARE

My best friend and I have been friends for 10 years. Last year I moved to a different school and made a new set of mates. They



are wonderful and we do lots of great things together, like going to clubs. I try to include my old friend, but she always says no. She's so square she doesn't like music and prefers playing tennis to hanging out with us. I want her to love my new crowd too, but

she doesn't seem to care. Do you think our friendship's over?

**Karen (15), Chelmsford**

Making new friends is exciting, in much the same way as going to new places and buying new clothes. But this doesn't mean you have to forget about your old things - or your old friends. Your best friend may not fit into your new circle, but then she doesn't have to. Your new friends don't necessarily have to be hers. She has the right to do what she wants.

You say she's 'square', but aren't you being judgmental? After all, going to clubs isn't the only way to have fun. Ten years of friendship is a lot to throw away, simply because she won't do what you want her to.

**MUST SEVENTEEN/BROOK ADVISORY**

## ADVICE LINES

Worried or anxious? No-one to turn to for information? Well, here's your answer. *Just 17* has teamed up with Brook Advisory Centres and put together seven information lines to help you when you're in need.

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

### ● Missed a period?

0171-617 8005

### ● Emergency (after sex) contraception

0171-617 8006

### ● Information on abortion

0171-617 8007

### ● Contraception - your questions answered

0171-617 8008

### ● The condom line

0171-617 8019

### ● Are you ready for sex?

0171-617 8009

### ● Visiting a Brook Centre

0171-617 8010

## I'M TOO SCARED TO END IT

My boyfriend and I have been together for two years, but I don't think we love each other anymore. But I'm too scared to end it because the thought of not having him around is too horrible. I'm afraid of being on my own.

Also, I know at least three girls who fancy him and I couldn't bear it if he dated someone else. Last week he suggested we split up, but I got upset, so he backed off. I felt awful afterwards because I know he's right.

**Laurie (16), Herts**

Breaking up's always hard, but holding on to something that's over just makes things worse. Talk to your boyfriend. After two years together I'm sure he feels exactly the same way as you do - he's probably as scared as you about being single and seeing you with someone else.

It sounds as if you could move straight from dating to being good friends. Then you won't miss each other as much, yet still be free to date other people.

## IS MY BOYFRIEND GAY?

I'm worried about my boyfriend. When I went to his house for the first time I saw he had posters up of Take That, Boyzone and Brad Pitt. I was a bit shocked because it's kind of weird for a boy to do this. My friends think it could be a sign that he's gay. Is it?

**Just 17 reader (14), Suffolk**

If they were posters of footballers would you be writing to me? Of course not! Having posters of male bands could mean anything - maybe he just likes the group's music, or he wants to be a pop star. Or perhaps he's hiding some horrible wallpaper! Who knows? You shouldn't stereotype people by their choice of posters. After all, what do yours say about you?

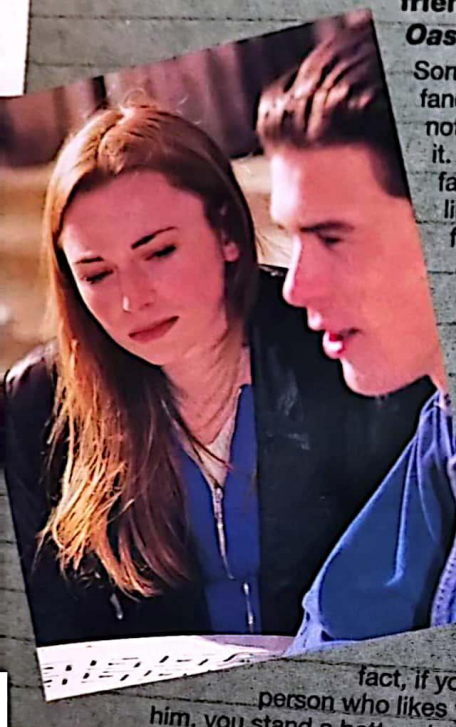
**remember:** to be fussed if a must but sex under

## I DON'T WANT TO BE SINGLE

I'm 14 and I've had two boyfriends in the past, but at the moment I'm not seeing anyone. The thing is, I desperately want a boyfriend but I'm not having any luck. The one lad I really like has said he fancies one of my friends and not me, and now one of my male friends keeps asking me out. I've known him for ages and quite like him, but I fancy this other guy more. I keep saying no to my friend because I'm hoping the other guy will change his mind. My friends say I'm going to end up single, miserable and lonely, and should go out with my friend, but I'm not sure.

**Oasis fan (14), London**

Sorry to say it, but if the guy you fancy doesn't fancy you, there's nothing much you can do about it. You can't make someone fancy you and if he's said he likes your friend, then waiting for him to change his mind is a waste of time. As for your male friend, don't just choose him because you want a boyfriend. Apart from being unfair to him, it's also unfair to yourself. And don't listen to your friends – there's nothing wrong with being on your own. Contrary to what they say, it doesn't mean you're going to be miserable and lonely. In fact, if you wait until you find a person who likes you as much as you like him, you stand a better chance of ending up happy.



## MY BROTHER'S BEING BULLIED

My 12-year-old brother is being bullied at school and I just don't know what to do about it. I only found out because I saw two older boys pushing him around – then I chased them off. My brother was upset but told me not to tell our parents. He said he could handle it, but I'm worried that he can't. He used to be so outgoing, but now he's becoming really quiet and withdrawn. My parents think it's just a phase he's going through, but I think it's because of the bullying. I don't want to tell on him, but I can't bear him having to go through this experience alone. What should I do?

**Hannah (16), Preston**

The only way to end bullying once and for all is to tell someone in authority what's going on. This is what you have to convince your brother to do. Try to get him to see that he's not to blame for what's happening and that he can't handle it on his own.

If he still refuses to say anything, tell him that you will. Bullying destroys self-confidence and self-worth. Don't let this happen to your brother. You can easily end this by talking to your parents or teachers.

## NEW JUST 17/TAMPAX HELPLINES

● Coping with your first period

0171-617 8045

● Periods – the facts

0171-617 8046

● Toxic Shock Syndrome

0171-617 8049

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

## HE WON'T LEAVE ME ALONE

A boy in my class is really getting on my nerves. He keeps asking me out and won't take no for an answer. He follows me around all day, and tries to sit next to me in class and at lunch. He even follows me at weekends when I'm out with my mum. Once I caught him wandering about at night near my house.

He phones me all the time and my parents are getting annoyed. My friends think his attention is harmless and that I should laugh it off, but I can't – it really depresses me and I just want him to stop.

**Eternal fan (14), London**

I understand why you're so upset – this boy's behaviour is bordering on harassment. If he won't listen to you, then get someone else involved. Tell your parents what's been going on, in full detail. Then they can talk to him, your teachers and maybe his parents.

Don't make light of what he's doing. Explain how he won't leave you alone and how it's getting you down. His attention may seem harmless, but no-one wants to be followed all day long. This boy's got to learn that obsessive behaviour won't impress girls – it'll only land him in trouble.

## I WANT TO SEE MY FATHER

My mother died when I was two and soon after, I was abandoned by my alcoholic father. Since then, however, I've been very happy with my grandparents.

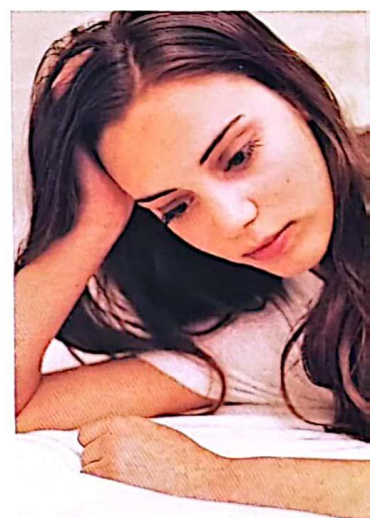
But this Christmas my father sent me a card for the first time in 10 years, and asked to see me. I realised I wanted to see him too, but my grandparents were furious and refused to let me contact him. My gran said he was rotten and I'd fall under his spell if I saw him. I don't want to hurt them, but I really want to meet him.

**Liz (15), Kent**

You have the right to see your dad and to decide for yourself how you feel about him. But don't be hard on your grandparents – they're just trying to protect you. After all, your father abandoned you and hasn't contacted you for 10 years.

Convince your grandparents that you won't 'fall under his spell' – that you're curious about him but you're not about to run off with him. This way they'll feel more reassured about you meeting him.

But I think before you see him you should talk to someone at Alateen (tel: 0171-403 0888), who help young people with alcoholic relatives and can advise you on what to expect.





Nick Fisher

# Advice

## a boy's view

### I THINK I'VE LOST HER FRIENDSHIP

Last year I had a major crush on a girl in my class. I didn't really know her, so I made the effort to be friendly. I thought we were getting along really well, hanging out together at breaks and at weekends. But when I finally asked her out, she said no. I couldn't believe it. At first I was angry as I thought she'd been leading me on. Now I've accepted it, but I no longer feel comfortable talking to her. Have I lost her as a friend as well?

Geoff (15)

● It's not always easy to remain 'just good friends' when in your heart you hoped for more. Many relationships start as friendships, then develop into something more intimate. But going out with a friend – or even just asking them out – can make it hard to go back to the way you were before.

But if you're determined to stay friends, perhaps a bit of time apart will make things easier. Don't hate her for her decision, and don't feel there's anything wrong with you. Rejection hurts, but it's all part of dating. Learning to cope with it and not letting it get to you is a skill that'll last you through life.

### MY FRIEND'S A THIEF

Last year my best friend starting stealing pens and pads from the classroom. Although I knew it wasn't right, I never said anything to her. But recently we were shopping and before I could stop her she'd swiped a CD from a stall. I'm really worried for her, because one day she'll get into big trouble. Should I tell somebody about it before it gets worse?

Upside Down fan

### I'M TOO SCARED TO KISS HER

I'm a boy of 14 and I'm finding it really difficult to get close to this girl I've just started seeing. We've been together for two months, but all I've done in that time is put my arm around her – and only then because she told me to! I haven't even kissed her yet, and the more we go on like this, the worse it'll become. I doubt she'll stay with me much longer

unless I make a move, but the thought terrifies me.

#### Depressed

● If you want this relationship to continue, then you have to ask yourself what it is you're terrified of. Are you scared that if you don't take things further she'll reject you? Or maybe you're scared you'll make a hash of it? Instead of worrying about her dumping you, try and talk to her about your fears.

She may be wondering why you're not being more physical and assume you don't like her. Don't rush into anything – just try and be honest. Remember, no-one should feel pressurised into doing anything they

don't want to do. But, at the same time, if you like her, don't let your nervousness spoil the relationship. The way forward is to be honest.



● It's sad but true that some people get a thrill from stealing. The fact that it's forbidden only adds to the 'excitement'. Of course, it's a foolish way of getting your kicks, because it means you're putting yourself at terrible risk of being caught and getting into long-term trouble. Some take this risk because, unconsciously, they want someone to give them some time and attention. If the stealing gets more daring, it may mean the shoplifter is getting more desperate.

The best way to help your friend is to get her to talk about herself. Why does she feel the need to steal? You can't necessarily make her stop, but you can be there to listen to her if she needs to talk. I don't think reporting her is going to do her any good. Sadly, people often have to make their own mistakes before they realise what's wrong.

### THEY SAY WE ACT LIKE BABIES

We're a group of boys all in the same class at school. We hang around together and sit at the back in lessons. Sometimes we mess about a bit, but we've never really upset anyone. Now some of the girls have accused us of behaving like babies and say we'll never get girlfriends until we grow up. We've tried to explain that all boys like a laugh, but they don't listen.

Chris and co

● Messing about and wanting to have a laugh is not a crime. But it has to be said that if you muck about all the time, your chances of getting a girlfriend are slim. A lot of girls will be put off by

laddish behaviour. But then maybe none of you want girlfriends just yet, which is fair enough.

However, when the time comes, and you think you'd like to get to know girls better, you'll have to leave the comfy haven of your homeboys. The best way to meet girls and get them to go out with you is to talk to them. Too much joking just makes this tricky.

### I'M BULLIED FOR BEING FAT

I am a 14-year-old boy with a serious weight problem. I know it's my fault, because I always find myself eating more than my fair share of chips at dinner time. It's not just my weight that gets me down. The name-calling hurts more than anything, although I never let anybody see how upset I get. Is there anybody I can contact who understands how I feel?

Anon

● Having a healthy appetite and enjoying food is not a crime. Nor is being overweight. What is wrong is that you should be made to feel guilty and self-conscious by the taunts of others. Bullies pick on people who they know they can get away with tormenting. If you stand up to them, or report them, then they can't get away with it. Don't just sit and take their cruelty – fight it. There's nothing wrong with you – they're the ones with the problem.

However, if you want to talk to someone about your eating habits, call the Eating Disorders Association's Youth Helpline on 01603 765050, or read *Eating Disorders* by Dr Mike Smith (Kyle Cathie, £4.99).

Also, try to talk to someone close to you – a parent, teacher or relative – and tell them how hurt you are. If you let these bullies persuade you you're fat, you could end up fighting that belief for years. Don't let anyone hang labels on you.

Photo: posed by model

**remember:** to be fussed if a must but sex under 16 is illegal



**Annabel G**

# Confidential

Write to Annabel G with your sex-related problems at the usual address. It would be helpful if you could include your age.

## I LOVE AN OLDER MAN

I'm 15 and crazy about this 25-year-old guy. My mum and dad have told me to steer clear of him because they say he's only after one thing. But every time I see him, he asks me out and says he fancies me like mad. He just won't take no for an answer. I'd really like to go out with him and I know I'd say no to full sex if he asked. Do you think my parents are right?

**Confused Arsenal fan, London**

● First off, I don't think this guy is necessarily after one thing. I'm sure he likes your personality and sex isn't the only thing on his mind. However, at 25, sex is usually part and parcel of a steady relationship and I'm pretty sure he'd want to sleep with you. The word 'no' may be on your lips at the moment, but if things got steamy, could you resist? Plus, at 15, you are underage and he would be breaking the law by having sex with you.

I'm sure your parents just want to protect you from this potential danger. So, it's probably not the lad himself they're protesting about – just the age gap and the problems it's likely to cause. And sometimes your folks really do know what's best. If, however, your love can withstand the test of time, you can see what develops when you're 16, the age of consent. So take it slow and don't rush into anything.



## SHOULD I DO WHAT HE WANTS?

I am 14 and my boyfriend is 16. He's had loads of girlfriends and knows a lot more about sex than me. The other day he asked if I'd 'toss him off'. I said no because I'm not really sure what's involved. He got nasty and said all his other girlfriends had done it for him. Now I'm afraid he's going to chuck me.

**Name withheld**

● If you think you're going to lose your boyfriend if you don't 'toss him off', then your relationship is on very shaky ground. Basically, he is asking you to stimulate his penis

with your hand until he reaches orgasm (ejaculates sperm). If you like the idea of doing this, fine. If you don't, also fine – after all, you're not obliged to do something just because he wants you to do.

And if saying no means you lose him, then he wasn't worth having in the first place. Sex is for equals, and no-one should be forced into doing something they don't want to.

## IN THE RIGHT VEIN

I really hate my breasts. They're covered in these horrid veins that show through my skin. Is this normal? Also, when my boyfriend touches my bosoms, my nipples shrivel up and look really ugly. I'm so embarrassed

that I've tried to push him away. Now he's really upset and thinks I don't fancy him anymore. Please help.

**Brad Pitt fan (16)**

● It's quite normal to see the veins in your boobs, as the skin here is quite fine and delicate. Of course, you're far more aware of this than your boyfriend. I'll bet he hasn't even noticed. So stop worrying.

Now let's deal with the shrivelling dilemma. Most women find that their nipples harden and pucker when they feel sexually aroused. Sorry if you don't like their appearance, but there's really nothing you can do about it. Nature will carry on doing its thing, whether you like it or not. If a lad fancies you, it'll take more than the state of your nipples to put him off.

## PUBLIC IMAGE

I've just started going out with my first boyfriend. On our last date he started snogging me and touching me up at the bus stop. Some lads I know from school saw us and made fun of me the next day. I feel really embarrassed and I'm worried that the next time we go out, he'll do the same thing. But if I cause a fuss, he may think I'm a prude and dump me. Help!

**Oasis fan (14)**

● You have to make a choice: either you put up with these public fumbblings, or confront him with it and tell him to stop. If he dumps you over this, then he's just not worth it. Many people prefer to conduct their intimate affairs in private. And there is nothing wrong or prudish about this. After all, you don't want these lads at school taking the mickey on a regular basis.

So tell your bloke that while you enjoy kissing him, you'd rather do it behind closed curtains – not while waiting for the No. 10 bus!

## DIRTY WORRIES

I often have a white, milky discharge which turns yellowish in my knickers. I'm thinking of heavy petting with my boyfriend and I'm petrified that he'll think I'm dirty. Please help.

**Neighbours addict (16)**

● There is nothing dirty about discharge. On the contrary, it's the vagina's way of keeping clean and healthy. Plus, when women are sexually aroused, they produce even more vaginal fluid. This is the way Mother Nature intended it, and there's nothing to be ashamed of.

You say you're worried this'll put your boyfriend off, but I seriously doubt it. Most men are extremely turned on by this, not grossed out. So stop worrying and let your body do its own thing.

## FEEDBACK

In the 14 February 'Confidential', this lad had told his girlfriend that when a boy is drunk, he can't come. I find it amazing that boys think it's OK to lie and put us at such risk. What worries me more is that some girls might not have the sense to check out these fibs. They might have unprotected sex and end up pregnant. So don't automatically believe what every boy says to you. Just 'cause you fancy a lad, doesn't mean you can trust him!

**Boyzone fan**

● Fortunately, the girl in question wrote in to check her boyfriend's theory, and I swiftly told her it was a load of old rubbish. Remember, this page is here for everyone to learn more about sex and safety. So if you have any doubts about your sexual safety, pop a letter in the post to J17 and we'll have your problem sorted in no time.

My mum's dressing like she's young again, and throwing herself at strange men...

# Smart moves

**G**oing out again?" I can't resist remarking, as I sit on mum's bed, watching her take a strand of hair and wrap it around the curling tong.

"I thought you said you had some studying to do," I continue. She's doing this part-time Open University course in something or other, and she's always complaining she doesn't have time to do her essays. Which is hardly surprising, since she's been out three nights in a row. She ignores me, padding over to the wardrobe in her tights to pull out her little A-line skirt and her tight Op Art body.

"I couldn't borrow your boots could I, Steph?" she asks, meaning the brand-new knee-high ones she bought me for my fifteenth birthday. At this I explode. "Mum, for God's sake! Don't you think you'll look, well, ridiculous?"

Her back is to me, her long hair carefully curled with a dab of Trevor Sorbie's Hair Groomer into tousled dark locks. Without a word she goes into the hall to get her own shoes, the black lace-ups she wears to work. I mean, what's wrong with them, anyway? She's just had the heel mended, so why does she want to borrow mine?

**"She's just had the heel mended on her shoes, so why does she want to borrow mine?"**

"I won't be late, Stephanie," she says, but her expression is hard to read. "I've left you some ice cream in the fridge. Invite Debbie over if you like. And don't forget your homework. I'm over at Richard's if you want me - he's having a dinner party."

**R**ichard's. I thought so. Ever since she met him a year ago, she's spent more and more time with him. And now she's going round to his place in a skirt short enough to give him completely the wrong idea and, if I'd let her, in my boots too! Talk about mutton dressed as lamb. It's a good job she's got me here to put her straight, or she'd make a complete fool of herself.

Well, two weeks later it seems like she has. He hasn't rung her at all. On Friday night, Debbie phones while Mum's hovering around, like she always does when she wants to start a conversation

with me but can't quite manage it. "Can I come round to yours?" says Debbie, sounding bored. "We could get a video or... I dunno, you could help me colour my hair."

"OK, but mum's in. She'll probably monopolise the video with one of her boring Open University programmes." Mum interrupts me - something I hate when I'm on the phone. "Oh, don't worry about me, Steph," she says. "Richard's taking me to the cinema. We're going to see *Toy Story*."

"*Toy Story*!" I put the phone down somewhat abruptly. "*Toy Story*. You're going to see that dumb kiddie stuff with him! When did he ask you?"

"Tuesday night. You were in the bath." "So why've you looked so miserable all week, then?"

"It's because I'm out of practice." "What?"

"I'm scared, Steph. It's been so long - ten years - since your Dad."

"Don't bring him into it! If he were here, he'd say you were making a fool of yourself

Mum smiles, kind of shyly. She probably doesn't even know what Debbie's talking about. "Thanks, Debbie," she says. "My hair's always been this long, but I usually have it pinned up."

"It really suits you. That's how I want mine." She produces colouring lotion and plastic gloves and waves them at me. "Reckon you can make me look like your mum, Steph?" she says.

"Why would you want to?" I snap back. Debbie looks embarrassed, glancing from Mum to me.

**I**n the sitting room, we switch the video on, and settle down with

the box of chocs. "It must be amazing to have a mum like yours. Mine's really stuffy," Debbie says quietly. We can hear Mum running a bath upstairs.

I grunt. "Amazing? Not quite the word I'd choose, but there you go."

"She must have loved your Dad a lot."

"What d'you mean?" I say, a bit too sharply - tears pricking at the corners of my eyes. Debbie hasn't talked about my dad in years. Being my oldest friend - we've known each other since our first day at nursery school - she remembers when Dad died, the morning the teacher told all the kids in the infants to treat me especially kindly, the months after when I came into school crying every day.

"Well, look how stunning she is," says Debbie. "She could have anyone. She must be, what, 35? And she looks about ten years younger. But all this time, she's just stayed home with you. I reckon they must have had a pretty good thing, your parents."

**I** reach for the After Eights and stuff one in my mouth to try to stop the lump in my throat from exploding. I know Debbie's right, but I don't want to hear it. I feel really guilty. I know I've been horrible to Mum,

and I know why: I just want her to myself for a little while longer. Richard's OK. To be honest, he's obviously mad about her. But not as much as Dad was.

"Still, he'd want her to be happy, wouldn't he?" Deb continues, not seeming to notice that I'm close to tears.

She picks four chocolates out at once, slips them out of their little envelopes, and sticks the whole lot in her mouth.

"You're such a pig," I say, glad of the chance to change the subject. She laughs. "Yeah Steph, but I'm a pig who's always right."

Then the film music swells up on the video and the credits start. Seconds later, Mum walks in, dressed to kill and looking all hopeful and nervous. I glance at her and manage to give her a small smile, before quickly looking away. "Yeah," I say very quietly. "Yeah, I s'pose you are right aren't you?"



# Are you a **stress puppy** or a **slumber kitten**?

Quiz

How cool are you when the pressure's on? Take our quiz and see...

**1** After months of heavy-duty waiting, your brother's friend has finally asked you on a hot date to see *Bed Of Roses*. He's half an hour late and you're standing shivering outside the cinema. What next?

**a)** You wait another ten minutes, then phone him. He's probably making such an effort to look nice for you, he's forgotten the time.

**b)** You stomp off into the night clutching your popcorn and swear you'll never see lads through rose-tinted specs ever again.

**c)** You go into the cinema on your own. You hate to miss the beginning of a film 'cause it ruins the plot.

**d)** You ask a Christian Slater look-alike, who's also been stood up, if he'd like to go for a coffee. It'd be a shame to see such talent go to waste.

**2** Week! It's the night before an important exam. This one's a biggie and you really have to pass. How do you prepare?

**a)** By lying in bed studying by torchlight until the wee hours. Last minute cramming rules!

**b)** By reading through some notes while watching *Brookie*. Hey, it's an educational programme, isn't it?

**c)** You decide to roll with it by having an early night, and lie staring at your posters of Liam for inspiration.

**d)** By offering your big sister a tenner to sit the exam for you. Desperate times call for desperate measures.

**3** Your cousin's getting married and has asked you to be one of her bridesmaids. You're dead excited until you see the disgusting nylon peach dress you've got to wear. You:

**a)** Invent a contagious mystery virus on the morning of the wedding and stay in bed all day.

**b)** Totally refuse to wear it. Looking like a mutant pumpkin would seriously cramp your street cred.

**c)** Subtly negotiate with her and arrange to change into your own clothes for the evening disco. Well, it's such a pretty frock, you'd hate to spill anything down it.

**d)** Smile sweetly and say you like it. It's *her* big day, not yours.

**4** So much for that romantic night in with your boyfriend. Your charming little brother keeps barging into your room, demanding that you play hide and seek. You:

**a)** Agree to play and drag Lad-u-like off to hide in the wardrobe. Mmm, you could get to like this game.

**b)** Yell at your brother every time he appears and threaten to smash up his Power Rangers.

**c)** Cut your losses and go out for the night. It's the only way to get any peace and quiet.

**d)** Tell your brother he's the winner and the prize Sega Megadrive's hidden downstairs. That should keep the little tyke occupied for a while.

**5** You've been invited to a really happening party. Just one minor problem – your folks say you have to come home early. How do you cope with this uncool proposal?

**a)** By pretending to stay in. Play your Pulp tape on auto-reverse and they'll never notice you've sneaked out.

**b)** By promising you'll be home early – that's if they let you hold an alternative party at your house instead.

**c)** By going along with the best intentions, but deciding to stay late when you spot a cute Damon clone.

**d)** By staying in and deliberately ruining their evening by making them join in your TT nostalgia night.

**6** A week after you snogged a lush lad, he still hasn't phoned you. You really want to see him again. What do you do?

**a)** Phone him, of course. He's probably just lost your number. And, hey, what have you got to lose?

**b)** Slag him off to all his mates, hoping it'll get back to him. Hey, he deserves it for what he's done.

**c)** Give up waiting by the phone and go out looking for a more enthusiastic replacement.

**d)** Persuade your mum to get a call-waiting bleep installed. The poor boy obviously can't get through to you 'cause the phone's always engaged.

Now add up your score

1. a)2 b)3 c)1 d)0    4. a)0 b)3 c)2 d)1  
2. a)3 b)1 c)0 d)2    5. a)2 b)0 c)1 d)3  
3. a)2 b)3 c)1 d)0    6. a)1 b)3 c)0 d)2

## 15-18 Stress puppy

Woah! You need to lighten up. Stay at these stress levels and you're in danger of complete burn-out! You make life too difficult for yourself. If you'd just relax about things, people would react to you better. Stop being such a rush puppy and tune into being a hush puppy!

## 10-14 Panic pooch

Simmer down! You're very easy to wind up and find it hard to keep your cool. To avoid joining the ranks of the super-stressed, you should try to be a little less defensive. Avoid panic attacks by asking yourself if a situation is really worth getting worked up about. If it's not, take a few minutes to mellow out.

## 5-9 Cool cat

You're quite a cool customer and very rarely get your kitten heels in a twist. You have a laid-back attitude to life and take almost everything in your stride. Most of the time you've just about got the balance right, but take care people don't mistake your casual attitude for a lack of interest. You may have the confidence it takes to be a cool chick, but just remember some people don't.

## 0-4 Slumber kitten

Wake up! You're so laid back you're almost horizontal. You're a real live-and-let-live kind of gal and you just don't know the meaning of stress. It's great to be so cool, but sometimes you've got to get that adrenaline pumping. Show a bit of passion to let people know you're not just waiting in the wings. The way you're going, you could end up the patron saint of slackers.



# Stars

## day by day horoscopes

by Jon

**Happy birthday to you!**  
Many happy returns on 19 March to *Die Hard* hunk Bruce Willis, he'll have clocked up whopping 41 years!



	Wed	Thu	Fri	Sat	Sun
<b>Aries</b> 21 Mar-20 Apr	<b>Potential snog day: Thu 14</b> You seem to be going to a lot of expense to impress that boy you fancy so much. But have you asked yourself if he's actually worth it?	<b>Potential snog day: Thu 14</b> Yes, it could be a snog day. But if it is, it's between you and him only, and not for anyone else to know. Unless you like starting wars, that is.	<b>Potential snog day: Thu 14</b> You think that what you did last time may spoil it this time. Yes, but nobody else knows about last time, do they? Well, there you go then.	<b>Potential snog day: Thu 14</b> An expensive day, though you can't really afford it. But you're an impulse buyer - that's why shopkeepers love you so much.	<b>Potential snog day: Thu 14</b> Heavy guilt day as you agonize over what you should have done, but didn't. It's nothing like as bad as you think, believe me.
<b>Taurus</b> 21 Apr-21 May	<b>Potential snog day: Mon 18</b> You manage to convince yourself today that if you stay cool and don't make any fuss, then everything will be alright. And so it will.	<b>Potential snog day: Mon 18</b> You hear through the grapevine that your mate has been doing exactly what she swore she wouldn't. Should you ask her if it's true, or what?	<b>Potential snog day: Mon 18</b> Possibly a better day than yesterday for getting to the heart of the matter. But it's still better sometimes if you just don't ask, you know.	<b>Potential snog day: Mon 18</b> Feeling ignored? Thinking that if you were just a little bit more sassy, people would notice you more? Nah - you're fine as you are.	<b>Potential snog day: Mon 18</b> You and your mate say all those things each other that've been waiting to be said. You're still friends, but maybe a different way.
<b>Gemini</b> 22 May-21 Jun	<b>Potential snog day: Mon 18</b> No amount of smart talking is going to get you out of it today. You have to show you can do it, you know, or else you'll lose your reputation.	<b>Potential snog day: Mon 18</b> Absolutely not. I don't care what it is, don't do it. Your planets are really gruesome today, so don't blame me if it all goes horribly wrong.	<b>Potential snog day: Mon 18</b> Phew, heaps better. All the things you avoided yesterday you can do today - and so well. Twenty-four hours makes all the difference.	<b>Potential snog day: Mon 18</b> Nostalgia isn't what it used to be. You step back a couple of years and discover that what you used to think was fun now makes you wince.	<b>Potential snog day: Mon 18</b> Major hard work today. Come on - do it now and get it out of the way, or it'll just stay there spoiling the whole week for you.
<b>Cancer</b> 22 Jun-22 Jul	<b>Potential snog day: Thu 14</b> You're in one of those moods today where you can see what's wrong with everything, as well as what's right with it. And you say so too.	<b>Potential snog day: Thu 14</b> This is much better - at least that boy who likes you is able to cheer you up when you're down. He's a bit of a treasure, make no mistake.	<b>Potential snog day: Thu 14</b> You're thinking about where you and he could go next. It seems an awfully big step. So it is - but who says you have to take it?	<b>Potential snog day: Thu 14</b> You and a mate may have a bit of a misunderstanding today. It's a genuine one, too - you didn't mean it to sound the way it came out.	<b>Potential snog day: Thu 14</b> Agonizingly, you tell that boy you like everything that's been troubling you. But it goes in one ear and out of the other. He can't see the problem.
<b>Leo</b> 23 Jul-22 Aug	<b>Potential snog day: Fri 15</b> You and your big mouth! You say something just for effect today. Sure, it has an effect - the exact opposite to what you wanted!	<b>Potential snog day: Fri 15</b> Be careful who you offer to help - before you know it you could be helping everybody you know, and then some! You need to learn when to say no.	<b>Potential snog day: Fri 15</b> Snog day, but be careful - there are fun snogs and there are serious snogs, and the serious planets are active today as well. Beware.	<b>Potential snog day: Fri 15</b> Blissful day when you feel completely happy with the world. Everybody looks strangely at you wondering whether you're entirely sane.	<b>Potential snog day: Fri 15</b> Heavy parental storm comes up from nowhere, leaving you wondering what on earth you've done to deserve that one. Oh well, that's life.
<b>Virgo</b> 24 Aug-22 Sep	<b>Potential snog day: Thu 14</b> It's not often that careful Virgos have a total disaster day at school - wrong books, forgotten this, did that wrong. Today is the exception.	<b>Potential snog day: Thu 14</b> When you fancy someone, you're supposed to like them as well, you know. Or are you on the verge of trying out someone different?	<b>Potential snog day: Thu 14</b> Here's the new object of your affections - and very tasty too. So yesterday's drama was to get the old one out of your system, hmm?	<b>Potential snog day: Thu 14</b> Everything between you and the new boy you fancy seems to be going wonderfully. You are so happy. Well, make the most of it while you can.	<b>Potential snog day: Thu 14</b> Here come the tears and the hurtful words. You find out from a 'friend' that he fancies someone else and isn't interested in you that way.
<b>Libra</b> 24 Sep-23 Oct	<b>Potential snog day: Tue 19</b> Don't do what you think you should, but do what you feel you should instead. It'll work out much better for you in the end, I assure you.	<b>Potential snog day: Tue 19</b> Surprising news at home. You're not sure whether it'll be good or bad for you, but there's not much you can do about it anyway.	<b>Potential snog day: Tue 19</b> You could be released from a chore that you've always hated. Hooray! Then you realise that, in a funny sort of way, you'll miss it.	<b>Potential snog day: Tue 19</b> You want to stay close to home today. You can't really say why, but going out with your mates just doesn't appeal. Flop out and chill.	<b>Potential snog day: Tue 19</b> Same as yesterday - you're happy at home. Is there somebody you're trying to avoid? Or something you're not telling us?
<b>Scorpio</b> 24 Oct-22 Nov	<b>Potential snog day: Tue 19</b> You want it, but you can't really afford it. Well, not enough to spend that much on it. Sour grapes? Common sense, more like.	<b>Potential snog day: Tue 19</b> Your mate is telling everyone your intimate secrets. Not to be mean or anything, you understand, but just 'cause she's such a gossip!	<b>Potential snog day: Tue 19</b> It gets worse - now she's telling people things that aren't actually true. Although you'd be dead chuffed if some of them were!	<b>Potential snog day: Tue 19</b> You won't believe this, but you're being persecuted by a lad who's heard all the stories about you and wants to know if they're true.	<b>Potential snog day: Tue 19</b> Are you going to tell him the truth or are you going to play along with the fantastic version? Part of you wants one, part of you the other.
<b>Sagittarius</b> 23 Nov-22 Dec	<b>Potential snog day: Sat 16</b> Things are difficult, and getting worse. D'you think it might be 'cause you misunderstood what you were supposed to be doing?	<b>Potential snog day: Sat 16</b> Lucky day for money. The stars say you could find some lying on the pavement. Don't walk into a lamp post while you're looking, though.	<b>Potential snog day: Sat 16</b> You get a serious lecture from a teacher or parent, but you can't work out if it's supposed to be encouraging or threatening.	<b>Potential snog day: Sat 16</b> One of the best days the planets have given you for ages. No heavy emotional scenes, just good clean fun with a good friend.	<b>Potential snog day: Sat 16</b> You knew that if you kept putting off doing it, it would eventually catch up with you. Well, guess what? This is that day, and it just has.
<b>Capricorn</b> 23 Dec-20 Jan	<b>Potential snog day: Fri 15</b> The worst day you've had for weeks and weeks - until a certain boy smiles at you, then it all suddenly changes for the better. Aahh.	<b>Potential snog day: Fri 15</b> Lots of boy talk at school today. You decide to give yesterday's young knight in shining trainers some encouragement.	<b>Potential snog day: Fri 15</b> Didn't need much asking, did he? You've no idea where this flirtation will lead, but that's half the reason you started it in the first place.	<b>Potential snog day: Fri 15</b> You're feeling immensely kind and generous today. Not even your little brother or sister can annoy you, and they try very hard.	<b>Potential snog day: Fri 15</b> According to the stars there are snogs in the air today. If you play your cards right, life seems exciting and full of possibilities at the moment.
<b>Aquarius</b> 21 Jan-19 Feb	<b>Potential snog day: Mon 18</b> Economise now, and it'll mean luxuries later. Sounds simple, I know, but this time it's really true and well worth you making the effort.	<b>Potential snog day: Mon 18</b> You're not sure how much of your most secret thoughts and dreams you should reveal. The safest answer, I guess, is none at all.	<b>Potential snog day: Mon 18</b> How wise you were to stay silent! What happens today changes everything. Oh, you weren't silent? Oh dear. Pity about that.	<b>Potential snog day: Mon 18</b> Strange stuff in the skies today. The things which go wrong now will actually pay out big time later, and vice versa. Spooky, huh?	<b>Potential snog day: Mon 18</b> One of the most stressful days of the year - and not only for you, but for a lot of the other signs as well. But luckily, it's only for one day.
<b>Pisces</b> 20 Feb-20 Mar	<b>Potential snog day: Sun 17</b> You know those days when you put 20p in a slot machine and win 10p, so you're winning and losing at the same time? This is one of them.	<b>Potential snog day: Sun 17</b> He's doing all he can to please you, but all he's doing is annoying you. You could always tell him not to try so hard - if you can be bothered!	<b>Potential snog day: Sun 17</b> The ol' light bulb comes on over your head today. After weeks of fumbling around in the dark, you know exactly what you should do.	<b>Potential snog day: Sun 17</b> Time to put yesterday's ideas into action. Up early, then, down the shops as soon as they open - no time to sit around daydreaming.	<b>Potential snog day: Sun 17</b> Quite possibly the most decisive day of your year. And when you tell your family what you're intending to do, they're totally stunned.

ryder

**Mon**

You get lucky today – you overhear something you shouldn't (tut, tut), but you can use it later to get yourself out of trouble.

He says what? You don't believe you heard him right, so you ask him again – but then he goes all shy. Yes, you did hear him right.

Funny, funky stars today. You bump into someone today, and find yourself fancying them. But do really want him or are you just amusing yourself?

Maybe he has a point there. Perhaps you are worrying for the sake of it, like all Cancerians do. Just lighten up – life really isn't that bad.

A boy does something just to see if you'll be shocked, and you are. He doesn't mean it, though – he's just winding you up.

Now all your mates want to know why you've suddenly gone off your old crush – and why you've now gone off your new just object too.

Whatever you thought might happen didn't. Or if it did, it wasn't as bad as you thought. For whatever reason, you're happier now.

An older person says that they hope you're not getting up to any trouble. Now why would they possibly say a thing like that to you?

They say that Sagittarius is the luckiest sign of all, and the way you get out of a real mess today shows that it's all true. Sorted!

How can a little piece of paper be so important? It depends what's written on it, I suppose. Find out what it is today.

What you get today will make up for yesterday. How can mere hard luck compete with soft lips and that smile? There's no contest.

It's also time to decide about your love life once and for all. But try not to be too hard on him – he's not used to big decisions at five minutes' notice.

**Tue**

Everything happens at once today, but at least it means all your problems are sorted out for you. But why does life always have to be so traumatic?

Last night could have put your friendship in a whole new light, couldn't it? Today you try not to look at each other, but you can't help it.

See – it was worth doing all that work on Sunday, wasn't it? You can wear your best smug smile today, because you're way ahead of the rest.

OK, you've been convinced. From now on you're going to take things as they come and not worry. You just hope you're doing the right thing...

The parent front is a lot smoother, although you may have to promise a lot for little in return. But you don't have much choice in the matter.

You wish they'd all stop asking you questions and leave you be. You want to be alone to consider your options and plan your next move.

Snogsome stars for you and – of all people – the boy next door (or at least nearby). Is this why you were so keen to stay at home, then?

You fancy him. He may have thought you were someone you're not, but he's not the way you thought he was either and you fancy him anyway.

Remember what fun you had together recently? He does, too, and he was just wondering if, um, you wanted to, er... You do? Oh, good.

Planetary patterns of enormous power click together for you. Today you may think it's just a boy-girl thing, but it's actually far more than that.

You get the feeling that your luck's going to change soon. You can't say why, you just do, and you feel good about it. You're right, too.

Well, that's it. Goodbye to the old Miss Pisces, hello to the new one. Took you a while but you've done it, and you've never felt better.

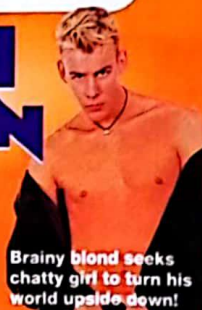
by Lara

# Spooky!

Take a walk on the weird side of life...

## boy hand sensation

A few weeks ago us lucky peeps met new boy band **Upside Down** and got our mitts on **Giles** palm prints. We sent 'em off to Astro Allan, but didn't tell him whose they were (promise!). Here are Giles' handy secrets...



Brainy blond seeks chatty girl to turn his world upside down!

### Handshape and Heartline

Giles' curvy heartline means he's a birrova saucepot. His fingers are the same size as his palm, so he'll be spontaneous and loving. Until things don't go his way, that is, when he can become mighty moody. On the other hand (groan), don't be deceived by appearances – he has a hidden shyness that he tries to keep quiet (your secret's out now Giles!).

Thumbs up:



### Headline

The curved headline on the palm means Giles likes a good debate and says what he thinks even if you don't want to hear it. If you thought he was just a pretty face, think again, 'cause underneath that blond hair lies intelligence and a quick wit. He knows what he wants and how to get it. Cripes!

Thumbs up:



### Lifeline

He's fit! This curvy lifeline shows that Giles is physically strong and makes an effort to keep himself looking good. He'll work hard to achieve the perfect body. The deep lines also reveal that he's a bit of a perfectionist, and can be fussy about his food. Beware – after nibbling, quibbling and ruminating, his foody nit-picking will eventually drive everyone mad. Fishfingers and beans won't be enough to satisfy this master-chef's appetite, that's for sure.

Thumbs up:



### Mount of Venus

His Mount of Venus is quite plump, which indicates that Giles knows how to show a girl a good time. But that might not mean just you – he can be a bit flirty and tries to spread that loving feeling far afield. Wah-heh!

Thumbs up:



### A final word from our palmist, Allan...

"The owner of this hand would make a good dancer or singer 'cause he's creative, handles electronics well and is good with his hands (oo-er). He's caring, but watch out 'cause he can be a moody mummy's boy!"

Got any fang-tastic stories of ghostly goings-on? Or any phenomenal photos? If so, send 'em to 'Spooky!' at **Just 17, 20 Orange Street, London WC2H 7ED**. Ones printed will win £25.

**ANY dream WILL do**

### Ghostbusters

I've just dreamed I was a ghost and my family couldn't see or hear me. I rang my best friend but the line went dead. Then all the things I want to do in life flashed before me. What does it mean?

Katie, 16, Cambridgeshire.

A This dream means you feel your personality is not being recognised or appreciated by your family and friends. The dead line means that you're just not getting through to people. Plus, you're anxious about not achieving things. Don't worry – be more confident about your life and what you do, and things are bound to change for the better.

## the A-Z of zzzzzz

An alphabet of dream meanings for you to collect.

### Harp

If your harp is golden then you'll soon find yourself in seventh heaven. Just be patient 'cause an angelic boy is just around the corner. Goodbye boredom, halo heaven!



### Hair

If you dream of lush, black locks you'll soon meet up with an old friend. But if it's blonde 'n' bubbly then don't put off 'til tomorrow what you can do today. Hairy belary!



### Hippy

Hippies represent a longing to be sitting cross-legged in the park with flowers in your hair. You may be a wee bit suffocated by school at the mo' – just think summer holidays!



### Hive

Hives are a good omen and represent teamwork. If you've got problems, get together with your mates in a 'hive' of activity. You never know, five heads could be better than one.



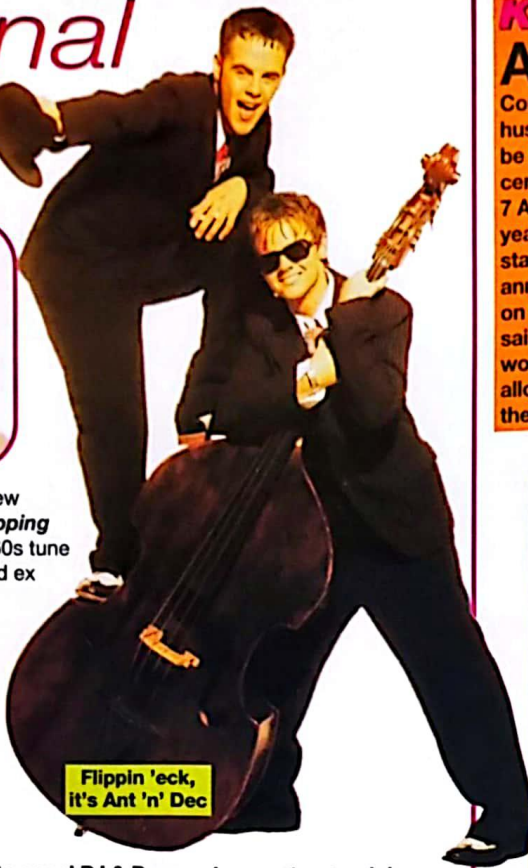
Illustration: David Horwood

## Eternal love



**P**eej and Dee's new tune's called *Stepping Stone* (a cover of a '60s tune by The Monkees). And ex Eternaller Louise Nurning has a new single called *In Walked Love*. Hey, that's two songs all about walking!

Louise popped on her boots and reviewed the Geordie lads' single.



Flippin 'eck, it's Ant 'n' Dec

"It sounds different to usual PJ & Duncan 'cause they tend do more rapping than singing. They sound really good on this. It's good they're experimenting with different sounds. My favourite of their songs is *U Krazy Katz*. I don't know them that well, but whenever I meet them they're both really sweet. They genuinely seem like nice guys. I know a lot of girls fancy either one or the other but I don't - I think they're both really cute."

## Kurt Cobain news

**A**ccording to Kurt Cobain's widow, Courtney Love, her husband's ashes will be interred at a cemetery in Seattle on 7 April - exactly two years after the Nirvana star killed himself. The announcement, made on the Internet, also said that the ceremony would be an open one, allowing fans to pay their respects too.



King Kurt 1967-1994

## Spin it or bin it!

### Infiniti

#### Will You Be My Baby?

Oooh, mother! This song is just pure low-down funk and we love it. Despite being yet another R 'n' B girl-led trio, Infiniti have come up trumps with sexy, sassy and sultry tuneage.



### The Beloved

#### Satellite

Some songs make you fall asleep and others make you wanna dance like your bum's on fire. Satellite's thumping back beat and wailing vocals is of the bum-burning variety. It's so addictive the whole office started dancing on the desk.



### Viper Dance

Somewhere in deepest Germany, hidden from prying eyes and sniffing noses, is a cheesy dance band-making machine. They're being churned out at an alarming rate and flooding our land with yet more Euro poop. Stop this now!



## The shopping horror show

Last week 'Tune in' tried to buy something cool to listen to. Could we do it? Could we heck as like. Everything seemed to be conspiring to get right on our pips. Here are our top five really annoying things about buying records...

### 1 Snooty shop assistants

They think they're cool 'cause they sell music. Pah! The really cool people make music, suckers!

### 2 Crazy categories

Is it 'B' for Babylon or 'Z' for Zoo? Are The Bluetones filed under pop or indie? Is Mike Flowers under 'F' for Flowers or in the Easy Listening section? Aaaargh!

### 3 Pricey pop

£3.99 for a CD single... £14.99 for an album. Do they think we're made of doah? No wonder people tape songs off the radio (er, not us, though).

### 4 Version aversion

What's going on? Radio edits, dub mixes, instrumentals. We just want value for money! Oasis singles always have at least two new tracks on, and that's why they're the best band in the world, mate.

### 5 Processed peas

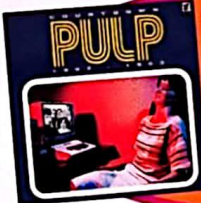
If larger branches of Tesco can sell tapes and CDs, surely it's not too much to ask HMV and Virgin Megastores if they could install frozen food counters?

## Quote of the week



One thing I'd like to do is set up a fruit and veg stall. I've always liked the idea of that - shouting at the side of the street, giving your produce to people with a friendly wink.

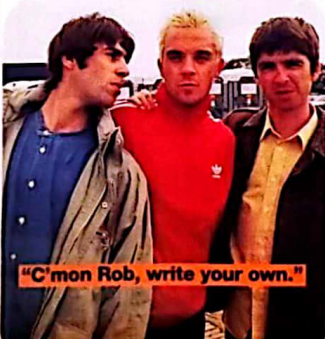
Danny from Supergrass makes plans for an early retirement.



## Pulp go retro

Can't wait for the next Pulp album? Well fret no longer, 'cause *Pulp Countdown 1983-1992* is out next week. It's got 20 tracks of prime Pulp cut from the days when El Jarvo really was one of the common people. And to top it all it's only £8.99!

## Robbie rumours



"C'mon Rob, write your own."

Contrary to the rumours floating around Popsville, Noel Gallagher has denied writing songs for Rob Williams.

The rumours began after Noeli told a few fibs in an interview. A red-faced Gallagher had to call up a weekly music paper to say it wasn't true. Robbie was said to be very disappointed.



## Wet Wet Wet Morning

Aha! The perfect track for when you want to lie on your bed and feel really sad. Morning is pure wallowing music - it'll soothe your soul, wipe your brow and make you feel kinda floaty. By Jove, The Wets have done it again.





# Choice RED HOT AND RISKY WITH 20% off

your first order  
Yes I WANT 100'S OF PAGES OF HOT  
LOOKS - SEND MY FREE COPY OF CHOICE  
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## National Bedwetting Day Wednesday March 20th

Do you wet the bed?  
Do you know someone who does?

Even if the answer is NO, it's likely that someone in your class or group of friends wets the bed. At the age of ten years, two out of every class of 40 will wet the bed. They could be friends, but they never tell each other about wetting the bed.

**Why do people wet the bed?** Everyone has to wee. Wee or urine as the doctor calls it, is stored in your body in something called the bladder. This is like a balloon which stretches as it fills up with urine. The stretching tells you when it needs to be emptied.

**Who can help and what can be done?** It's always a good idea to see the doctor. One of the treatments he may suggest is an alarm. This wakes up the youngster when he or she starts to wee. The idea is to get those who wet the bed into the habit of waking up when they want to wee. But it does take a long time to work.

**What else can the doctor do to help?** He may prescribe a medicine to make the patient wee less at night. This works well for lots of children. The doctor may also suggest that Mum or Dad speak to ERIC which gives lots of advice and help for children and teenagers who wet the bed.

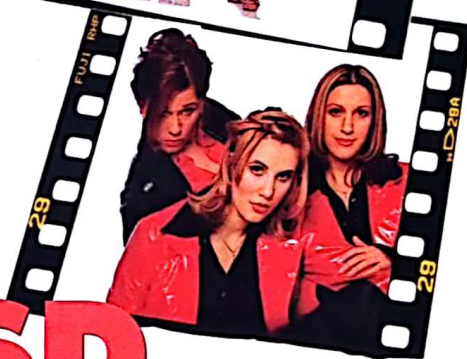


**Who are ERIC and what can they do?** ERIC stands for the Enuresis Resource and Information Centre. Enuresis is the medical name for bedwetting and daytime wetting. ERIC provides both advice and information for children and parents.



To find out more simply phone ERIC on 0117 9264920 or write to them at their Bristol address: The Enuresis Resource and Information Centre (ERIC), 65 St Michael's Hill, BRISTOL. BS2 8DZ.

Watch them on the CLOTHES SHOW



# TSD

## FEATURED ON THE CLOTHES SHOW SUNDAY

## MARCH 17TH BBC1

see them on the PJ & Duncan Tour  
dates in February & March

Hear the tune for free:  
**0800 220716**

For further information please write to:  
**TSD PO Box 2084  
London W1A 1JZ**

**a avex uk**

RELEASE DATE:  
18/3/96

## Fantasy doctors

Your heart's thumping, your temperature's rising, your brow's a-dripping with sweat. Who you gonna call? The TV medics – who else? Just don't expect 'em to quell your fever!

First to your bedside is ER's Carter (Noah Wyle), a vision in blue pyjamas. He holds your hand tight, swings his stethoscope seductively and whispers,

"You're gonna be alright, babe."



As you swoon with delight, Ash from Casualty (Patrick Robinson) rushes to your rescue. Holby's hunkiest abandoned newly-married life just to come and feel your pulse. "We'll soon have you on your feet," he says.

You hear the whirr of the Call Red helicopter in the distance. Pale-but-fascinating Sean Brooks (Seamus Gubbins) appears to administer the kiss of life.



And by his side is Dr David Bull, Newsround's hunky new consultant. He's used to helping out fainting Take That fans, so you know you're in the right hands.



**Diagnosis:** There are far too many gorgeous TV docs.

**Prescription:** In our opinion, you can't have too many!



Can't live without your daily fix of Luke from Neighbours? Then maybe it's time to check into the Jack Duckworth Memorial Clinic, set

## ADDICTED TO LUKE?

up by some wacky geezer called David West. For a mere £250, ex-soap addict Mr West will cure anyone who thinks fictional TV characters are more real to them than their friends. Sounds perfectly normal to us!

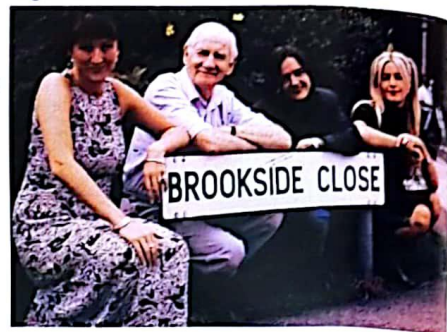
## BACKSTAGE BROOKIE

If you've had sleepless nights since Beth and Mandy Jordache were sentenced, here's your chance to see the trauma in a fresh light. In Brookside: The Backstage Tour (£12.99, Channel Four Video), you get to see the alternative ending to the Jordache trial which was filmed but never shown on TV.

Plus there are the answers to all your behind-the-scenes questions, such as:

- How does Bev get to look so very glam?
- Does Jimmy Corkhill look that bad in real life?
- Will Sinbad ever become a Gladiator?

Watch the vid and all will be revealed...



## LEADS

Seen the new Levi's ad yet? It stars Portuguese babe Ana Christina, it's set in the washroom of a US gas station, and it's on MTV and in a cinema near you now. J17's Dawn had a natter with Ana...

**J17: Who are your fave actors?**

**Ana:** I used to think Christian Slater was cute – until I met him. He was very arrogant and obnoxious. Gary Oldman and Meryl Streep are great actors and my fave flicks are Natural Born Killers and Pulp Fiction.

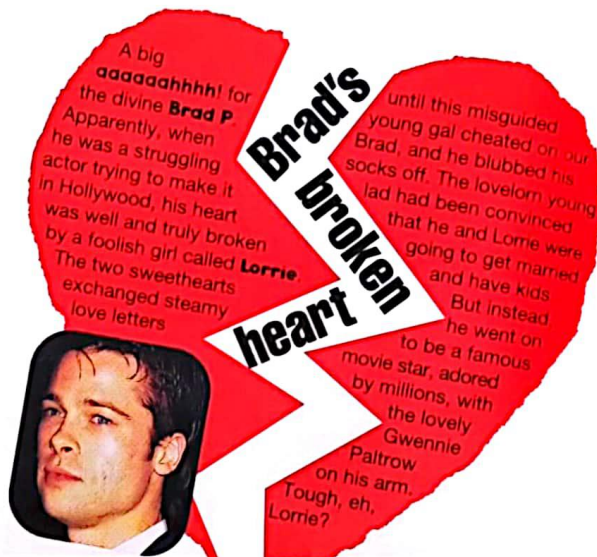
**J17: Are you into gore then?**

**Ana:** Definitely. I love thrillers and I like to live dangerously. Jet-skiing, bare-back horse riding... you name it, I'll do it!

**J17: What are you up to next?**

**Ana:** I've modelled since I was 17, appearing alongside Kate, Christy and Claudia. Now I'm studying acting in LA and I hope to go into films.

Let's hope she doesn't get to co-star opposite Mr Slater, eh?



## Movie Watch

### Nixon (15)

**the deal:** Another yawnsome epic from Oliver Stone, the man who brought you JFK. This time, British luvvie Anthony Hopkins plays Nixon, the US president caught telling porkies to his public.

**sounds a bit dreary:** Too right it is. And it's even worse if you know zip about American politics.

**Hunkage factor:** Unless you like 'em old, bald and crinkly, forget it!

**ON SCREEN:**

20 March

go see ★

Anita



★★★ cherry pie ★★ cherry tree ★ cherry stone

# crash out

...outpuzzled on his weekly celebrity schmooze

Jodie Kidd and Paula Hunter do the conga at a Raybans party.



So did you really kidnap Take That and shove 'em in the river?

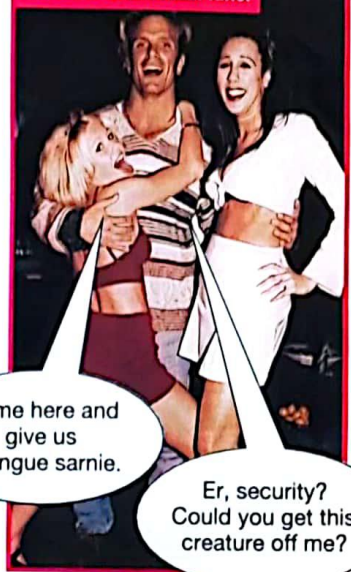
Yeah, and you're next, sweetie.

Boyzone bristle at the thought of cleaning up their act.



Scrub me for a reason, let the reason be scrub...

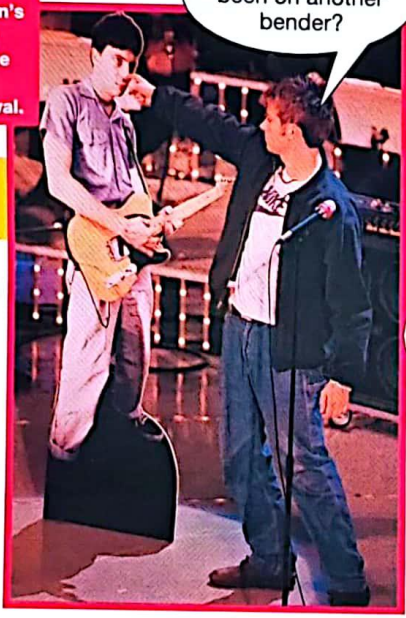
Baywatch bloke David Choakali meets some of his more intellectual fans.



Come here and give us a tongue sarnie.

Er, security? Could you get this creature off me?

Damo's not sure if Coxon's 'cut-out' for the job at the San Remo Music Festival.



Oi, Graham, been on another bender?

Kylie hasn't quite got the hang of this wrapping-up-warm thing.



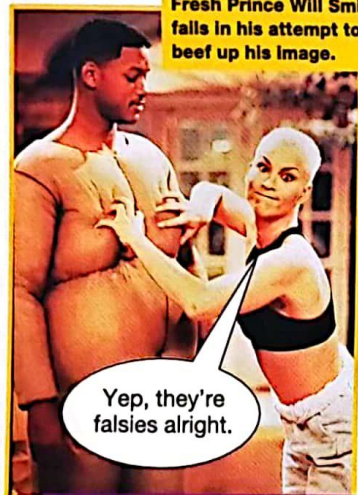
My chin's toasty but my ankles seem to have lost their sox appeal!

Winona Ryder knows full well she'll fail the pencil test.



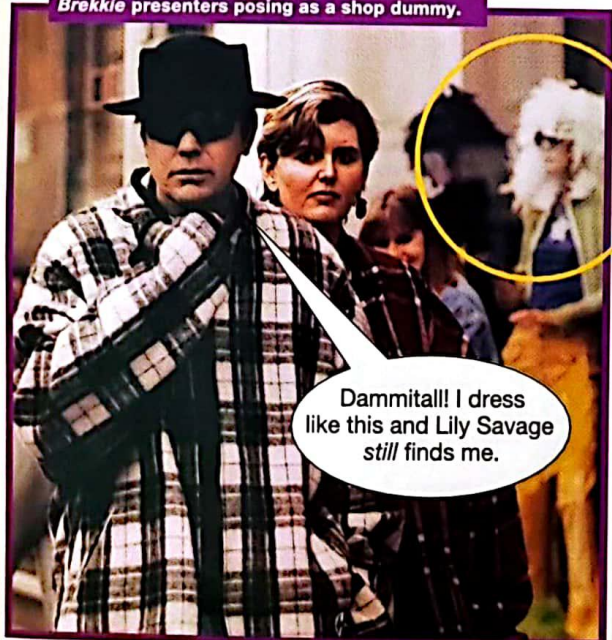
A nod's as good as a wink, readers.

Fresh Prince Will Smith falls in his attempt to beef up his image.



Yep, they're falsies alright.

Mark Little's just passed one of his fellow Big Brekkie presenters posing as a shop dummy.



Dammitall! I dress like this and Lily Savage still finds me.

The first lady of Iceland lands one on cable TV reporter Julie Kaufman at Bangkok airport.



Hey up, she's not happy.



Oof!

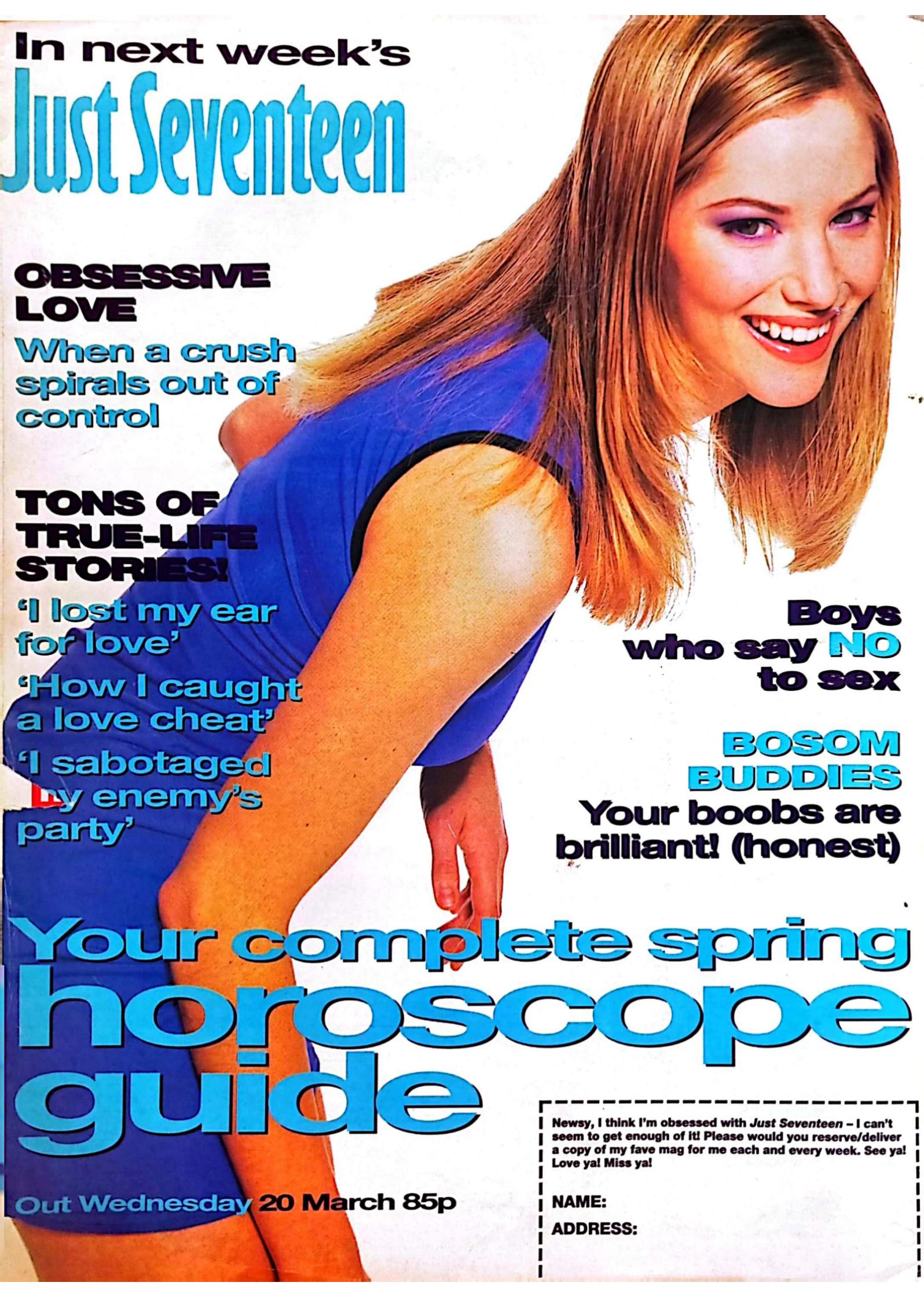


Slap!



You've been Björked!

Photo: London Features/Papix



In next week's  
**Just Seventeen**

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LOVE**

When a crush  
spirals out of  
control

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**Your boobs are  
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Your complete spring  
**horoscope  
guide**

Out Wednesday 20 March 85p

Newsy, I think I'm obsessed with *Just Seventeen* - I can't seem to get enough of it! Please would you reserve/deliver a copy of my fave mag for me each and every week. See ya! Love ya! Miss ya!

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